MEAT
FREEMEAT
FREE

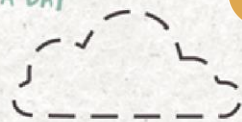
- MEAT FREE MONDAY



5
A DAY5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 2	Monday 	Tuesday	Wednesday	Thursday	Friday 
Main Dish	Tuna pasta bake	Chicken tikka with 50/50 rice and naan bread	Roast chicken crispy roasters Yorkshire pudding with gravy	Shepherd's pie	Crispy battered fish with chunky chips
Vegetarian Main Dish	Macaroni cheese	Quorn mince lasagne with garlic bread	Roast quorn crispy roasters Yorkshire pudding with gravy	Quorn Sweet and sour with 50/50 rice	Quorn dippers with crispy chips
Accompaniments	Sweetcorn/baked beans	Green beans or salad	Seasonal vegetables	Carrots / salad	Garden peas / mushy peas
Street Food	Bam boo curry and rice Bam boo noodles	Love joes wraps Bam boo pasta	Hot roast baguettes Bam boo pasta	Love joes wraps Bam boo pasta	Chicken burger with salad dressing Bam boo selection
Grab and go Budget meal deal	Jacket potatoes Panini selection pizza slice selection budget meal deal with small cake / fruit	Jacket potatoes Panini selection budget meal deal with small cake / fruit	Jacket potatoes Panini selection budget meal deal with small cake / fruit	Jacket potatoes Panini selection pizza slice selection budget meal deal with small cake / fruit	Jacket potatoes Panini selection budget meal deal with small cake / fruit
Dessert	Selection of home-made bakes and dessert pots	Selection of home-made bakes and dessert pots	Selection of home-made bakes and dessert pots	Selection of home-made bakes and dessert pots	Selection of home-made bakes and dessert pots



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