

MEAT FREE

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- MEAT FREE MONDAY

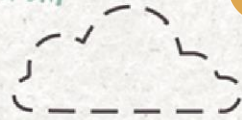
5 A DAY

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- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Sausage mash with gravy	Chicken pie in gravy with golden pastry topping	Roast beef crispy roasters Yorkshire pudding with gravy	Traditional beef lasagne with crispy garlic bread	Crispy battered fish with chunky chips
<b>Vegetarian Main Dish</b>	Vegetarian cottage pie	Quorn balls in bolognise sauce	Vegetarian toad in the hole with roasters and gravy	Vegetable tikka masala with 50/50 rice and naan bread	Quorn dippers with crispy chips
<b>Accompaniments</b>	Sweetcorn/baked beans	Green beans or salad	Seasonal vegetables	Carrots / salad	Garden peas / mushy peas
<b>Street Food</b>	Bam boo noodles Bam boo pasta	Love joes wraps Bam boo curry & rice	Hot roast baguettes Bam boo pasta	Love joes wraps Bam boo pasta	Chicken burger with salad dressing Bam boo selection
<b>Grab and go</b>	Jacket potatoes Panini selection pizza slice selection	Jacket potatoes Panini selection	Jacket potatoes Panini selection	Jacket potatoes Panini selection pizza slice selection	Jacket potatoes Panini selection
<b>Budget meal deal</b>	budget meal deal with small cake / fruit	budget meal deal with small cake / fruit	budget meal deal with small cake / fruit	budget meal deal with small cake / fruit	budget meal deal with small cake / fruit
<b>Dessert</b>	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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