

MEAT FREE

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- MEAT FREE MONDAY

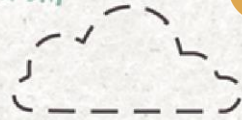
5 A DAY

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- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pork sausage, seasoned potato wedges	Spaghetti Bolognese	Roast pork, crispy roast potatoes and gravy	Macaroni cheese with garlic & herb bread	Crispy battered fish with chips
Vegetarian Main Dish	Vegetable Frittata	Quorn™ and vegetable lasagne with crusty garlic and herb bread	Cajun Quorn™ casserole with crispy roast potatoes	Oriental Quorn™ noodles	Cheese onion & tomato quiche with chips
Accompaniments	Baked beans Mixed Salad	Corn on the cob Mixed salad	Steamed carrots and broccoli Mixed salad	Green beans Mixed salad	Mushy peas or baked beans Mixed salad
Street Food	Margherita Pizza	Maple & sweet chilli chicken wrap	Meatball sub	Tandoori chicken fillet on a roll with yoghurt & mint sauce	Southern fried chicken goujons
Pasta Daily Special	Basilico or Italian Meatballs	Arrabiata or Firecracker chicken	Tomato & mascarpone or Cheeseburger	Pomodoro or Makhani chicken	Tomato & basil or Smokey pepperoni
Dessert	Peach and blueberry crumble with custard	Toffee apple sponge with custard	Chocolate & vanilla marble cake	Mixed berry pie with custard	Gooey chocolate brownie



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