MEAT
FREE

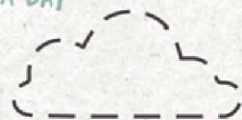
- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken Korma With Rice and Naan Bread	Homemade Pork Burger With Slaw and Wedges	Minced Beef and Onion Pie Mashed Potatoes and Gravy	Pasta Carbonara With Garlic Bread	Fishwich with chips
Vegetarian Main Dish	Cheese & Onion Turnover	Vegetable Burger in a Bun	Roast Vegetable Turnover Served with Mashed Potatoes	Macaroni Cheese with Garlic Bread	Quorn™ Nuggets and chips
Accompaniments	Garden Peas Crisp mixed salad	Coleslaw Crisp mixed salad	Steamed carrots and Cabbage	Buttered Sweet Corn Crisp mixed salad	Garden peas Baked Beans
Panini / Pizza	Margherita Pizza Pepperoni Panini	Cheese & Tomato Panini Ham & Mushroom Pizza	Margherita Pizza Spicy Chicken Panini	Cheese & Tomato Panini Pepperoni Pizza	Margherita Pizza Ham panini
Street Food Bar	BBQ Chicken Wrap	Tandoori Chicken Burger	Pulled Pork with Red Slaw	Tikka Chicken Wrap	Chicken Bites with Chips
Pasta Bar	Sauces of the Day	Sauces of the Day	Sauces of the Day	Sauces of the Day	Sauces of the Day
Dessert	Jam Sponge Custard	Fruit Pie Custard	Marble Sponge Custard	Jam Short Cake	Bakewell Tart Custard



MENU