



MEAT FREE

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- MEAT FREE MONDAY

5  
A DAY5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



| Week 3                      | Monday                                    | Tuesday                          | Wednesday  | Thursday                                  | Friday   |
|-----------------------------|---|----------------------------------|--|---|--|
| <b>Main Dish</b>            | Chinese Chicken Noodles                   | Beef Lasagna with Garlic Bread   | Roast Pork Crispy Roast potatoes and Gravy               | Southern Fried Chicken with Potato Wedges | Jumbo Fishfinger With chips                    |
| <b>Vegetarian Main Dish</b> | Sweet and Sour Vegetables                 | Roast Vegetable Pasta Bake       | Minced Quorn Casserole Served with Crispy Roast Potatoes | Cheese and Onion Quiche                   | Onion Bhaji Burger with crunchy slaw and chips |
| <b>Accompaniments</b>       | Garden Peas<br>Crisp mixed salad          | Green Beans<br>Crisp mixed salad | Steamed carrots and Leeks                                | Buttered Sweetcorn<br>Crisp mixed salad   | Garden Peas<br>Baked Beans<br>Curry Sauce      |
| <b>Panini / Pizza</b>       | Cheese & Tomato Panini<br>Pepperoni Pizza | Margherita Pizza<br>Ham Panini   | Cheese & Tomato Panini<br>Meat Feast Pizza               | Margherita Pizza<br>Pepperoni Panini      | Cheese & Tomato Panini<br>Chicken Pizza        |
| <b>Street Food Bar</b>      | Quarter Pound Cheeseburger                | Tandoori Chicken Wrap            | Piri Piri Pork Wrap                                      | Donna Kebab                               | Chicken Goujon Wrap                            |
| <b>Pasta Bar</b>            | Sauces of the Day                         | Sauces of the Day                | Sauces of the Day  | Sauces of the Day                         | Sauces of the Day                              |
| <b>Dessert</b>              | Jam and Coconut Sponge and Custard        | Rhubarb Crumble Custard          | Chocolate Sponge and Chocolate Sauce                     | Fruit Sponge Pudding Custard              | Ice Cream                                      |



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