





- 1 OF YOUR 5 A DAY

- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday MEAT
Main Dish	Creamy salmon pasta With a Garlic bread slice	Homemade Chicken Curry served with Steamed rice	Oven Baked Sausages served with Creamy Mash and Onion gravy	Goujon Wraps Chicken or Halal Chicken served on a soft Tortilla	Crispy battered fish with chunky chips
Vegetarian Main Dish	Vegetarian Creamy Italian Pasta with a Garlic Bread Slice	Chickpea and Sweet potato Curry served with steamed rice	Vegetarian Oven Baked Sausages served with Creamy Mash and Onion gravy	Quorn Vegan Dippers served on a soft tortilla	Homemade Cheese and Onion Pie with Chunky Chips
Accompaniments 5	Garlic Bread Slice Steamed Sweetcorn	Naan Bread Mango Chutney	Marrowfat Peas Gravy	Crisp mixed salad Steamed Rice Choice of Sauces	Chinese Curry Sauce Gravy Baked Beans Mushy Peas
Street Food	Cheesy Garlic Bread freshly Made Pizzas	Chicken gyros in wholemeal pitta bread, Yogurt and Mint Sauce and Greek salad	Smashed Beef Burger Patti Smashed Bean Burger Patti	Plain Goujon Wraps Pot of Goujons	Freshly Made Margarita Slice
Daily Items	Baked potatoes Baguettes sandwiches wraps Homemade soups	Baked potatoes Baguettes sandwiches wraps Homemade Soups	Baked potatoes Baguettes sandwiches wraps Homemade soups	Baked potatoes Baguettes sandwiches wraps Homemade soups	Pasta with Cheese or Tuna topping Baked Potatoes Sandwiches
Dessert	Chocolate Orange Cake	Homemade Cupcakes	Vanilla Sponge and Custard	Chocolate Chip Cookies	Ginger Bread

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO