

MEAT FREE

MEAT FREE

- MEAT FREE MONDAY

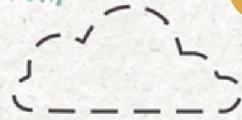
5 A DAY

5 A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pork sausage, red onion gravy and champ mash potato	Fiery Mexican chilli, brown rice, sour cream and salsa	Apple glazed roast pork, "roasties" and gravy	Chicken Singapore noodles	Crispy battered fish with Fries
Vegetarian Main Dish	Sweet potato and Lentil Tagine	Quorn™ and vegetable lasagne with crusty garlic and herb bread	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Vegetable Moussaka	Veggie Burger with Fries
Accompaniments 	Garden peas Crisp summer salad	Corn on the cob Crisp summer salad	Carrots & broccoli Crisp summer salad	Green beans Crisp summer salad 	Mushy peas Crisp summer salad
Street Food	Margherita pizza	Slow roasted pulled pork with red slaw 	Moo ping - Thai grilled pork skewers with coconut rice	Meatball sub	Roasted Vegetable Calzone
Pasta Daily Special	Chicken Torino Or Basilico	Meatballs in tomato sauce Or Pomodoro	Pasta Arrabiata Or Carbonara	Bolognese Or Tomato & mascarpone	BBQ sausage Or Vegetarian bolognaise
Dessert	Peach and raspberry fruit cobbler with custard 	Apple cracknel	Lemon drizzle cake 	Mixed berry strudel with custard 	Gooley chocolate brownie



MENU