









MENU

MEAT FREE - MEAT FREE MONDAY

 - CHEF'S CHOICE

5 - 1 OF YOUR 5 A DAY
A DAY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Beef & mushroom pie topped with puff pastry	Chicken Tikka, rice and naan bread	Roast chicken, sage and onion stuffing and gravy served with creamy mash potato	Lasagne with toasted garlic bread	Crispy battered fish goujons with Fries
Vegetarian Main Dish	Vegetarian sausage and bean gratin with garlic and herb potatoes	Piri piri Quorn™ fillet with lemon couscous homemade tomato salsa	Vegetable and bean stew with a cheesy cobbler top	Quorn Korma with 50/50 rice and naan bread 	Mexican Quorn™ burrito with salsa
Accompaniments 	Steamed broccoli Crisp summer salad	Green beans Crisp summer salad	Roasted carrots Crisp summer salad 	Roasted parsnips Crisp summer salad	Mushy peas Crisp summer salad 
Street Food	Pepperoni pizza	Crispy bacon, lettuce and tomato ciabatta	Cajun Chicken Roll	Chicken gyros in wholemeal pitta bread, tzatziki and Greek salad 	Margarita Pizza
Pasta Daily Special	Creamy salmon Or Basilico	Meatballs in tomato sauce Or Pomodoro	Pasta Arrabiata Or Carbonara	Bolognese Or Tomato & mascarpone	BBQ sausage Or Vegetarian bolognaise
Dessert	Sticky toffee pudding and custard	Fruit Crumble and custard	Oaty fruit cake	Apple and blackberry pie and custard 	Chocolate and orange cake

TRY OUR STREET FOOD GRAB AND GO FOR HEALTHY MEALS ON THE GO

