

MEAT FREE

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- MEAT FREE MONDAY

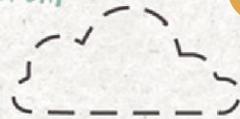
5 A DAY

5 A DAY

- 1 OF YOUR 5 A DAY



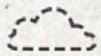
- CHEF'S CHOICE



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Sausage & mash with seasonal veg and gravy	Fiery Mexican chilli, brown rice, sour cream & salsa	Honey glazed gammon, crispy roast potatoes and gravy 	Chicken Singapore noodles	Battered fish with chunky chips
<b>VEGETARIAN MAIN DISH</b> 	Veggie sausage and bean gratin with garlic & herb potatoes	Stuffed Peppers	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Vegetable stir fry with pilau rice 	Quorn nuggets with chunky chips
<b>ACCOMPANIMENTS</b>	Garden Peas Cabbage	Crisp mixed salad Corn on the cob	Steamed carrots and broccoli	Green beans Sweetcorn	Mushy peas Crisp mixed salad
<b>PASTA AND JACKET POTATOES</b> 	Pasta King selection Jacket potato bar with variety of toppings	Pasta King selection Jacket potato bar with variety of toppings	Pasta King selection Jacket potato bar with variety of toppings	Pasta King selection Jacket potato bar with variety of toppings	Pasta King selection Jacket potato bar with variety of toppings
<b>SNACK BAR</b>	Southern fried chicken burger Panini selection	BBQ pulled pork wrap Panini selection	TUGO Pizza Panini selection	Meatball sub Panini selection	Chip Butty Panini selection
<b>CHILLED GRAB AND GO</b>	Selection of handmade sandwiches, baguettes, wraps, salads, and pasta salads.	Selection of handmade sandwiches, baguettes, wraps, salads, and pasta salads.	Selection of handmade sandwiches, baguettes, wraps, salads, and pasta salads.	Selection of handmade sandwiches, baguettes, wraps, salads, and pasta salads.	Selection of handmade sandwiches, baguettes, wraps, salads, and pasta salads.
<b>DESSERT</b>	Selection of homemade biscuits, cakes, dessert pots & fruit pots	Selection of homemade biscuits, cakes, dessert pots & fruit pots	Selection of homemade biscuits, cakes, dessert pots & fruit pots	Selection of homemade biscuits, cakes, dessert pots & fruit pots	Selection of homemade biscuits, cakes, dessert pots & fruit pots



MENU

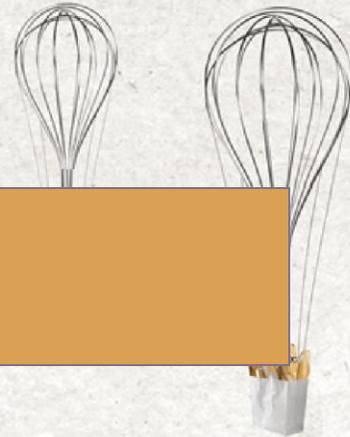


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5 - 1 OF YOUR 5 A DAY

CHEF'S CHOICE

BE A HIGH-FLYER.  
A HEALTHY SCHOOL LUNCH



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# MENU