

5  
A DAY

5  
A DAY

- 1 OF YOUR 5 A DAY

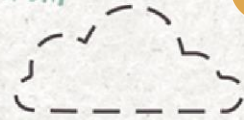
MEAT  
FREE





MEAT  
FREE

- MEAT FREE MONDAY



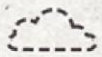
- CHEF'S CHOICE



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Beef & mushroom pie topped with puff pastry 	Chicken tikka curry, rice, naan bread and cucumber raita	Roast chicken, stuffing and gravy served with creamy mash potato	Italian bolognese pasta bake served with garlic bread	Battered fish with chunky chips and peas
<b>VEGETARIAN MAIN DISH</b>	Roasted vegetable pie topped with puff pastry	Vegetable curry, rice, naan bread and cucumber raita 	Meat-free sausage ragu served with creamy mash potato	Quorn bolognese pasta bake served with garlic bread	Spicy bean enchiladas 
<b>ACCOMPANIMENTS</b>	Steamed broccoli Carrots	Green beans Sweetcorn	Seasonal mixed vegetables	Crisp mixed salad Garden peas	Mushy peas Corn on the cob
<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>	Beef burger Panini selection	Love Joes chicken skewers Panini selection	Meatball sub Panini selection	TUGO Pizza 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

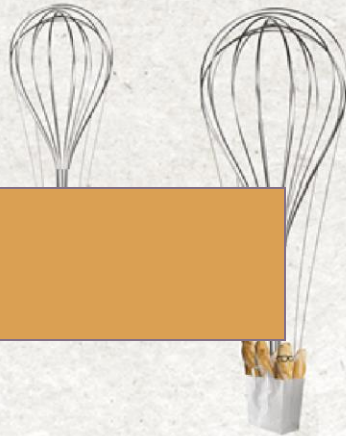


MEAT FREE - MEAT FREE MONDAY

5 - 1 OF YOUR 5 A DAY

CHEF'S CHOICE

BE A HIGH-FLYER.  
A HEALTHY SCHOOL LUNCH



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# MENU