

MEAT FREE

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- MEAT FREE MONDAY

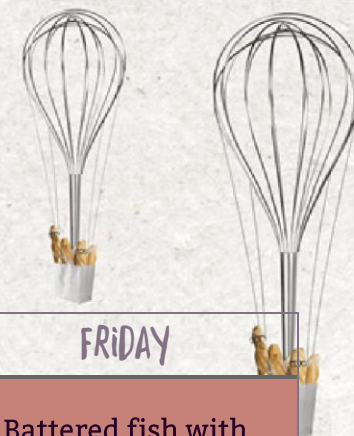
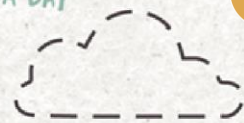
5 A DAY


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- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	 Chicken korma curry, rice and naan bread	Creamy chicken and leek pie with a golden pastry top served with mash potatoes	Roast beef, Yorkshire pudding, roast potatoes and gravy	Beef lasagne with crusty garlic bread	Battered fish with chunky chips and peas
VEGETARIAN MAIN DISH	Vegetable korma curry, rice and naan bread	No chicken teriyaki with rice	Vegetable casserole with mash potato	Quorn lasagne with crusty garlic bread	Roasted Mediterranean vegetable calzone
ACCOMPANIMENTS	Sweetcorn Steamed broccoli	Spring beans Carrots	Cauliflower cheese Cabbage	Green beans Crisp mixed salad	Garden peas Beans
PASTA AND JACKET POTATOES	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
SNACK BAR	Southern fried chicken burger Panini selection	Panini selection	Love Joes chicken wrap Panini selection	TUGO Pizza Panini selection	Chip Butty Panini selection
CHILLED GRAB AND GO	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.
DESSERT	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

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