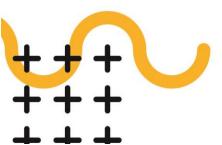


	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Traditional Main Dish Meat	Mighty mega feast pizza	Pork sausage with creamed potatoes	Roast chicken, crispy roast potatoes and gravy and Yorkshire pudding	chicken curry with fluffy rice	Crispy battered fish with chunky chips
	Traditional Main Dish Vegetarian	Pizza Margherita	No chicken teriyaki rice	Cheesy potato and leek pie topped with golden puff pastry	cheddar quiche	Falafel pitta, crunchy slaw and chunky chips
	Accompaniments	Seasonal vegetables Seasoned potato wedges	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Mushy peas
9	Street Food 5	Southern style quorn burger with caramelised red onions	Mild Mexican chilli, rice, sour cream and salsa	Mediterranean chicken kebab w/ flatbread, salad & garlic mayo	Beef burger, burger sauce & oven baked wedges	Jumbo hotdog with chunky chips
	Italian Eats	Tomato & mascarpone pasta garlic bread slice	Seasoned tomato pasta garlic slice	Tomato and mascarpone pasta garlic slice	Pasta Arabi Atta garlic bread slice	Tomato pasta with garlic slice
	Desserts	Marble sponge with custard	Shortbread cookie	Flapjack	Oaty fruit crumb	Fruit muffin







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE







<	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Traditional Main Dish Meat	Chilli con carne & rice w/ garlic bread	Cottage pie	Roast gammon, roasties & yorkies with gravy	Chicken curry with rice / naan bread	Crispy battered fish goujons with chunky chips
	Traditional Main Dish Vegetarian	Vegetarian sausage casserole	Macaroni cheese with galice bread	veggie meatballs in tomato sauce with garlic bread	Vegetable moussaka	Mexican Quorn TM wrap with salsa
	Accompaniments	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Mushy peas
	Street Food	Tomato pizza	Crispy bacon, lettuce and tomato ciabatta	Southern fried chicken burger	Chicken gyros, pitta bread, tzatziki and Greek style salad	Stir fried chicken and rice
	Italian Eats	Tomato basilico pasta with flatbread	Pomodoro pasta Garlic slice	Pasta Arrabiatta Garlic slice	Chinese chicken curry with rice	Bolognaise pasta
	Desserts	Lemon drizzle cake w/ custard	Chocolate & orange sponge	Chocolate brownie	Jelly and ice cream	Ice cream sponge roll





1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



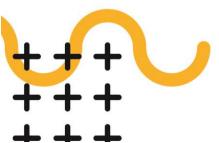
CHEF'S CHOICE







<	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Traditional Main Dish Meat	Cottage pie	Creamy chicken and leek pie with a golden pastry top served with mash potatoes	Roast turkey & stuffing with crispy roast potatoes	Beef lasagne Seasoned wedges	fish fingers butty served with chunky chips
	Traditional Main Dish Vegetarian	Veggie burger in a bun with seasoned wedges	Cheddar quiche	Vegetarian sausage with gravy and crispy roast potatoes	Pizza stromboli with side salad	Veggie finger wrap with sauce and chunky chips
	Accompaniments	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Mushy peas
	Street Food	Cheese pizza Seasoned wedges	chicken pitta with chunky salad mint sauce	Beef burger, lettuce & burger sauce Potato wedges	stacked chicken burger with seasoned wedges	Chicken shawarma, salad, houmous wrap
	Italian Eats	Mac 'n' cheese	Meatballs in tomato sauce	Pasta Bolognese	Pasta Arrabiatta	Vegetarian bolognaise
	Desserts	Chocolate sponge with chocolate custard	Ice cream/ice Iolly	Iced bun	Parkin	Eton mess







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE







MENU





1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



