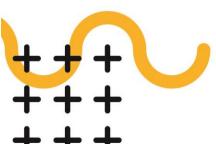


	WEEK 1	MONDAY	TUESDAY	WEDNESDay	THURSDay	FRIDAY
	TRADITIONAL MAIN DISH MEAT	Pork sausage, onion gravy and champ mash potato	Buttered chicken biriyani w/ naan bread	Roast beef, crispy roast potatoes and gravy	Thai chicken curry w/ lemon rice	Crispy battered fish with chunky chips
	TRADITIONAL MAIN DISH Vegetarian	Pizza Margherita	No chicken teriyaki noodle	Cheesy potato and leek pie topped with golden puff pastry	Aubergine and chickpea Dhansak, rice & cucumber raita	Falafel pitta, crunchy slaw and chunky chips
•	ACCOMPANIMENTS	Roasted root vegetables	Corn of the cob	Steamed carrots and broccoli.	Green beans	Mushy peas
* *	STREET FOOD 5 A DAY	Southern style quorn burger with caramelised red onions	Fiery Mexican chilli, rice, sour cream and salsa	Mediterranean chicken kebab w/ flatbread, salad & garlic mayo	Cheeseburger, burger sauce & salad	Sweet chilli chicken noodles
5	ITALIAN EATS	Tomato & mascarpone pasta w/ garlic bread slice	Ham & mushroom pasta w/ focaccia toast	Italian meatballs w/ garlic bread	Pasta arabiatta w/ garlic bread toast	Vegetarian pasta bolognaise w/ focaccia toast
5	DESSERTS	Marble sponge	Chocolate sponge w/ chocolate sauce	Jam shortbread w/ custard	Sticky toffee pudding w/ custard	Eton Mess







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



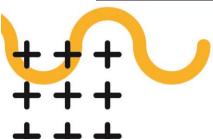
CHEF'S CHOICE







<	WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TRADITIONAL MAIN DISH MEAT	Chilli con carne & rice w/ garlic bread	Piri piri chicken, salad & flatbread w/ mint yogurt	Roast gammon, roasties & yorkies with gravy	Beef Rogan Josh with rice	Crispy battered fish goujons with chunky chips
0	TRADITIONAL MAIN DISH Vegetarian	Vegetarian sausage casserole	Moroccan Quorn™ fillet with lemon couscous homemade tomato salsa	Vegetable and bean stew with garlic bread	Butternut squash and bean chilli with pilau rice	Mexican Quorn™ burrito with salse
	ACCOMPANIMENTS	Steamed broccoli.	Green beans	Roasted carrots.	Roasted cauliflower	Mushy peas
	STREET FOOD	Fajita veg pizza	Crispy bacon, lettuce and tomato ciabatta	Southern fried chicken burger	Chicken gyros, pitta bread, tzatziki and Greek style salad	Sweet chilli chicken & rice
	ITALIAN EATS	Tomato basilico pasta	Pomodoro pasta	Pasta Arrabiatta	3 cheese pasta	BBQ Quorn pasta
	DESSERTS	Lemon drizzle cake w/ custard	Chocolate & orange sponge w/ custard	Steamed syrup sponge & custard	Marble cake w/ custard	Ice cream sponge roll









MEAT-FREE (VEGETARIAN)



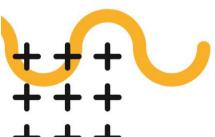
CHEF'S CHOICE







MEEK 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 Dhansak with pilau rice	Jumbo fish fingers served with chunky chips
TRADITIONAL MAIN DISH VEGETARIAN	Mixed bean and aubergine tagine with couscous	Stuffed peppers	Vegetarian toad in the hole with gravy and crispy roast potatoes	Pizza stromboli	Spiced vegetable jambalaya
ACCOMPANIMENTS	Peas & sweetcorn	Steamed carrots.	Cauliflower cheese	Green beans	Mushy peas
STREET FOOD	BBQ Quorn pizza	Greek chicken souvlaki, warm pitta with tzatziki and Greek style salad	Cheeseburger, lettuce & burger sauce	Tandoori chicken sandwich cucumber raita	Chicken shawarma, salad, houmous wrap
ITALIAN EATS	Mac 'n' cheese	Meatballs in tomato sauce	Pasta Bolognese	Pasta Arrabiatta	Vegetarian bolognaise
DESSERTS	Chocolate brownie w/ chocolate custard	Bread & butter pudding	Chocolate & banana slice	Fruit crumble	Apple berry fool







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



