

# BORIS

THE BEETROOT

## Week 1



### MAINS

#### MONDAY

**Boris Brunch**  
(Sausage, Hash Brown, Beans,  
Scrambled Egg & Carrots)

**Tomato, Courgette & Whole-wheat**   
**Pasta Bake with Fresh Bread & Salad**

#### TUESDAY

**Whole-wheat Spaghetti Bolognese with  
Garlic Bread**

**Whole-wheat Mac & Cheese with Garlic  
Bread & Salad** 

#### WEDNESDAY

**Roast Chicken Dinner with Carrots,  
Broccoli, Roast Potatoes & Stuffing**

**Vegetable Stir Fry served  
with Noodles** 

#### THURSDAY

**Margherita Pizza on a Whole-wheat  
Base with Potato Wedges & Garden  
Peas**

**Selection of Whole-wheat Wraps with  
a Side Salad**

#### FRIDAY

**Battered Cod with Healthy Chips &  
Peas**

**Potato & Spinach Curry with Savoury  
Rice & Naan Bread** 

### DESSERTS

#### MONDAY

**Fresh Fruit Salad**  
**Blueberry Muffin**  
**Homemade Yoghurt**

#### TUESDAY

**Fresh Fruit Salad**  
**Creamed Rice Pudding & Strawberry  
Coulis**

**Homemade Yoghurt**

#### WEDNESDAY

**Fresh Fruit Salad**  
**Fruit Flapjack**  
**Homemade Yoghurt**

#### THURSDAY

**Fresh Fruit Salad**  
**Ice Cream Arctic Roll**  
**Homemade Yoghurt**

#### FRIDAY

**Fresh Fruit Salad**  
**Lemon Drizzle Cake**  
**Homemade Yoghurt**

### AVAILABLE DAILY

**Fresh Whole-wheat Pasta, served with  
a choice of Meat or Vegetarian Sauces**

**Full Range of Salads from our Salad Bar**

**Fresh Whole-wheat Bread Rolls from  
our Bread Basket**