



MENU

KEY

- 1 OF YOUR 5 A DAY
- MEAT-FREE MONDAY
- CHEF'S CHOICE
- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Toad in the hole and Mash Potato With Red onion Gravy	Chicken Singapore noodles	Roast chicken, sage and onion stuffing and gravy served with roast potato	Chicken tikka masala with mixed rice	Crispy battered fish with chunky chips
Vegetarian Main Dish	Quorn/vegan Toad in the hole with Mash Potato With Red onion Gravy	Vegan Singapore noodles	Vegetarian cottage pie	Roasted Vegetable Calzone	Veggie burger with chunky chips
Accompaniments 	Carrots & Broccoli	Peas & sweetcorn	Green beans & cauliflower	Corn on the cob & peas	Mushy peas & baked beans
Grab & Go	Meatball Subs	Cajun Chicken Roll	Mexican Chicken Burrito	Hot & Spicy wings	Sweet chilli chicken strips
One Pot Daily Special	Pomodoro pasta	Italian Chicken pasta	Amigo meatballs with pasta	Chinese chicken curry & rice	Sweet chilli chicken pasta
Dessert	Lemon muffins	Fruit Crumble & custard 	Apple flapjack	Blueberry muffin	Chocolate crunch & custard

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO

