



MENU

KEY

5
A DAY

- 1 OF YOUR 5 A DAY

MEAT
FREE





- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday 
Main Dish	Chicken Arabiarta Pasta With a Garlic bread slice	Homemade Chicken Curry served with Steamed rice 	Oven Baked Sausages Wedges, Beans/ Peas and Gravy	Goujon Wraps Chicken or Halal Chicken served on a soft Tortilla	Crispy battered fish with chunky chips
Vegetarian Main Dish	Quorn Arabiarta Pasta with a Garlic Bread Slice	Chickpea and Sweet potato Curry served with steamed rice	Vegetarian Oven Baked Sausages served Wedges, beans/peas and gravy	Quorn Vegan Dippers served on a soft tortilla	Homemade Cheese and Onion Pie with Chunky Chips 
Accompaniments 	Garlic Bread Slice Steamed Sweetcorn	Naan Bread Salad Sauces	Marrowfat Peas Gravy Crusty bread rolls	Crisp mixed salad Steamed Rice Choice of Sauces	Chinese Curry Sauce Gravy Baked Beans Mushy Peas Rice
Street Food	Cheesy Garlic Bread freshly Made Pizzas 	Donner kebab wrap Bean Burger wrap	Sothern Coated Chicken Burger Onion Bhaji Burger	Plain Goujon Wraps Pot of Goujons	Freshly Made Margarita Slice Cheese Garlic Bread
Daily Items	Baked potatoes Baguettes sandwiches wraps Salads Homemade soups	Baked potatoes Baguettes sandwiches wraps, Salads Homemade Soups	Baked potatoes Baguettes sandwiches wraps Homemade soups	Baked potatoes Baguettes sandwiches wraps Homemade soups	Pasta with Cheese or Tuna topping Baked Potatoes Sandwiches, Salads
Dessert	Chocolate Orange Cake	Homemade Cupcakes	Vanilla Sponge and Custard	Chocolate Chip Cookies	Ginger Bread

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO

