MEAT
FREE

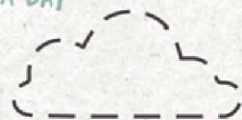
- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Sausage in Onion Gravy	Spaghetti Bolognese	Roast Chicken Dinner	Cajun Chicken Fillet In a Bun	Fish Of the Day
Vegetarian Main Dish	Vegetarian Sausage in Onion Gravy	Macaroni Cheese	Roast Quorn Fillet	Oriental Quorn Noodles	Vegetable Burger In a Bun
Accompaniments	Creamy Mash Potatoes Seasonal Vegetables	Garlic Bread Garden Peas	Roast Potatoes Seasonal Vegetables & Gravy	Baked Wedges Seasonal Vegetables	Chips Mushy Peas & Gravy
Street Food	Ham & Cheese Panini	Meatball sub	Ham Cheese Panini	Chicken Tikka Panini	Hot Chicken Wrap & Salad Garnish
Italian Daily Special	Margherita Pizza Arrabiata Pasta Pot	Margherita Pizza Cheese & Ham Pizza Italian Meatball Pasta Pot	Margherita Pizza Pepperoni Pizza Chicken Italian Pasta	Margherita Pizza Chicken Tikka Pizza Bolognese Pasta Pot	Margarita Pizza Pepperoni Pizza Tomato & Basil Pasta
Desserts	Fruit Crumble & Custard	Eton Mess	Steamed Sponge & Custard	Apple Berry Fool	Chocolate Crunch



MENU