

5
A DAY

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- 1 OF YOUR 5 A DAY

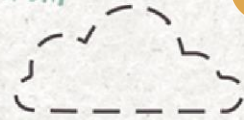
MEAT
FREE

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FREE

- MEAT FREE MONDAY



- CHEF'S CHOICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegetarian sausage, onion gravy with new potatoes (V)	Fiery Mexican chilli, brown rice, sour cream and salsa	Roast Chicken, crispy roast potatoes and gravy	Crispy Battered Fish With Chunky Chips	Crispy battered fish with chunky chips
Vegetarian Main Dish	Vegetable tikka masala with pilau rice and cucumber raita (V)	Quorn and vegetable lasagne with crusty garlic and herb bread (V)	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes (V)	Falafel in a wholemeal pitta, crunchy slaw and Chunky Chips (v)	Falafel in a wholemeal pitta, crunchy slaw and chunky chips (V)
Accompaniments 	Roasted root vegetables & Fresh salad	Garden peas and sweetcorn & Fresh salad	Steamed carrots and broccoli & Fresh salad	Garden Peas & Crisp mixed salad	Garden peas & Crisp mixed salad
Hot Handheld special	Mixed vegetable pizza	Hot chicken wraps with mixed salad	Veggie Finger Baps(V)	BBQ Chicken Pizza	BBQ Chicken pizza
Bamboo Pasta	Pomodoro pasta	Red Thai coconut curry with steamed rice (V)	Chicken and Sweetcorn pasta	Vegetarian Pasta Bolognese	Vegetarian Pasta Bolognese (V)
Jacket Potato	Grated cheese Or Baked beans with salad	Coleslaw Or Baked beans with salad	Tuna Mayo Or Grated cheese with salad	Tuna Mayo Or Grated Cheese	Tuna Mayo Or Grated cheese with salad
Dessert	Selection of home bakes	Selection of home bakes	Selection of home bakes	Selection of home bakes	Selection of home bakes



MENU