MEAT  
FREE

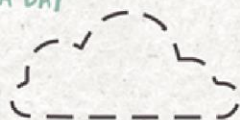
- MEAT FREE MONDAY




5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



| Week 1   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|--|
| <b>Main Dish</b>   | Chilli con carne with scented rice & tortilla chips & sour cream  | Cottage pie topped with creamy mash  | Apple glazed roast pork, crispy roast potatoes and gravy   | Thursday theme day menu  | Chip shop Friday<br>See daily menu display   |
| <b>Vegetarian Main Dish</b>  | Roasted winter vegetables in a tortilla basket<br>Topped with mint yoghurt  | Quorn™ and vegetable casserole topped with champ mash  | Roasted Quorn loaf with roast potatoes & seasonal vegetables   | See daily themed menu  | Chip shop Friday<br>See daily menu display   |
| <b>Accompaniments</b><br> | Herby diced potatoes & garden peas<br>Salad bar  | Spicy wedges & sweetcorn<br>Salad bar  | Roast potatoes & seasonal vegetables<br>Salad bar  | Vegetables to compliment<br>Salad bar  | Chip shop Friday<br>See daily menu display   |
| <b>Street Food</b>   | Pepperoni topped pizza  | Piri Piri chicken strips in a salad filled wrap  | Chicken sausage hot dogs<br>With fried onions  | Beef burger & fried onions in a salad filled bap  | Chip shop Friday<br>See daily menu display   |
| <b>Pasta &amp; jacket potato bar</b>   | Freshly cooked pasta topped with a traditional pasta sauce.<br>Hot filled jacket potatoes<br>With a choice of fillings            | Freshly cooked pasta topped with a traditional pasta sauce.<br>Hot filled jacket potatoes<br>With a choice of fillings | Freshly cooked pasta topped with a traditional pasta sauce.<br>Hot filled jacket potatoes<br>With a choice of fillings | Freshly cooked pasta topped with a traditional pasta sauce.<br>Hot filled jacket potatoes<br>With a choice of fillings               | Freshly cooked pasta topped with a traditional pasta sauce.<br>Hot filled jacket potatoes<br>With a choice of fillings |
| <b>Sandwich bar</b>  | A selection of sandwiches wraps & baguettes with a choice of popular fillings   | A selection of sandwiches wraps & baguettes with a choice of popular fillings  | A selection of sandwiches wraps & baguettes with a choice of popular fillings  | A selection of sandwiches wraps & baguettes with a choice of popular fillings  | A selection of sandwiches wraps & baguettes with a choice of popular fillings  |



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