



MENU

MEAT FREE - MEAT FREE MONDAY

- CHEF'S CHOICE

- 1 OF YOUR 5 A DAY

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Beef & mushroom pie topped with puff pastry	Chicken biryani, naan bread and chilli and coriander chutney	Roast chicken, sage and onion stuffing and gravy served with creamy mash potato	Lasagne with toasted garlic bread	Crispy battered fish goujons with chunky chips
VEGETARIAN MAIN DISH	Vegetarian sausage and bean gratin with garlic and herb potatoes	Piri piri Quorn™ fillet with lemon couscous homemade tomato salsa	Vegetable and bean stew with a cheesy cobbler top	Squash and chickpea Balti with wholemeal pilau rice	Mexican Quorn™ burrito with salsa
ACCOMPANIMENTS	Steamed broccoli Crisp summer salad	Green beans Crisp summer salad	Roasted carrots Crisp summer salad	Roasted courgettes Crisp summer salad	Mushy peas Crisp summer salad
STREET FOOD	Margherita pizza	Crispy bacon, lettuce and tomato ciabatta	Piri piri pork with apple and fennel slaw on a toasted brioche bun	Chicken gyros in wholemeal pitta bread, tzatziki and Greek salad	Pad Kee Mao – spicy Thai chicken and vegetable noodles
PASTA DAILY SPECIAL	Creamy salmon Or Basilico	Meatballs in tomato sauce Or Pomodoro	Pasta Arrabiata Or Carbonara	Bolognese Or Tomato & mascarpone	Sweet chilli chicken Or Vegetarian bolognaise
DESSERT	Sticky toffee pudding and custard	Pineapple upside down pudding	Oaty fruit cake	Apple and blackberry pie and custard	Chocolate and orange cake

TRY OUR STREET FOOD GRAB AND GO FOR HEALTHY MEALS ON THE GO

