



MENU

KEY		- 1 OF YOUR 5 A DAY		- CHEF'S CHOICE
		- MEAT-FREE MONDAY		- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Macaroni Cheese with Garlic Bread	Mince beef & Dumplings served with Creamy Mashed Potato	Roast Gammon & Pineapple with Roast Potatoes & Gravy	BBQ Chicken served with Vegetable Rice	Crispy Battered Fish Finger/ Salmon Fishcake with Chunky Chips
Vegetarian Main Dish	Quorn Mince Mexican Burrito	Chinese Quorn Singapore Vegetable Noodles	Spicy Vegetable Pasta Bake	Tikka Masala Vegeta Curry with Pilau Rice	Veggie Burger served with Chunky Chips
Accompaniments	Mixed Salad	Carrot & Swede Mash	Cauliflower Cheese Steamed Carrots	Sweetcorn	Garden Peas
Street Food	Love Joes Wrap with salad & a Selection of Sauces	Tugo Pepperoni Stromboli Tugo Margarita Stromboli	Sausage Sandwich	Love Joes Chicken Wraps	Battered Chicken Balls in Sweet & Sour sauce
Pasta King	Pasta with a Sauce of your Choice	Pasta with a Sauce of your Choice	Pasta with a Sauce of your Choice	Pasta with a Sauce of your Choice	Pasta with a Sauce of your Choice
Dessert	Chocolate Marble Cake	Mango & Banana Muffin	Carrot cake	Chocolate & Orange Cake	Apple Flapjack

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO

