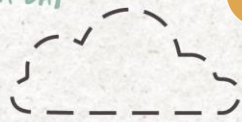


- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Pork sausage, red onion gravy and champ mash potato	Fiery Mexican chilli, brown rice, sour cream and salsa	Apple glazed roast pork, crispy roast potatoes and gravy	Chicken Singapore noodles	Crispy battered fish with chunky chips
VEGETARIAN MAIN DISH	Sweet potato and squash stew with pea and mint couscous	Quorn™ and vegetable lasagne with crusty garlic and herb bread	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Aubergine and chickpea Dhansak, pilau rice and cucumber raita	Falafel in a wholemeal pitta, crunchy slaw and chunky chips
ACCOMPANIMENTS	Roasted root vegetables Braised red cabbage Salad bar	Crisp mixed salad Corn of the cob Salad bar	Steamed carrots and broccoli Salad bar	Green beans Roasted butternut squash Salad bar	Garden peas Crisp mixed salad Salad bar
STREET FOOD	Turkey meatball sub	Sweet potato and vegetable masala, Bombay potatoes and coriander and green chilli chutney	Moo ping - Thai grilled pork skewers with coconut rice	Slow roasted pulled pork, red slaw, gherkins and home pickled red onions	Red Thai coconut curry with steamed rice
ITALIAN DAILY SPECIAL	Italian meatballs in tomato sauce with wholemeal pasta	BBQ Chicken pizza	Chicken and bacon pasta	Roasted vegetable pizza	Vegetarian pasta bolognese
DESSERT	Peach and raspberry fruit cobbler with custard	Apple cracknel	Eton mess	Mixed berry strudel with custard	Gooey chocolate brownie



MENU

