



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken in a Rich BBQ Sauce	Spicy Enchilada topped with Rich Tomato Sauce & Cheese	Succulent Roast Chicken served with Stuffing Ball & Rich Chicken Gravy	Fish Cakes & Chips	
Vegetarian Main Dish	Quorn in a Rich BBQ Sauce	Quorn Enchilada topped with Rich Tomato Sauce & Cheese	Quorn Sausage served with a Rich Gravy	Homemade Cheese & Onion Pie	
Accompaniments	Noodles Sweetcorn with Peppers Garden Peas	Wedged Potatoes Broccoli Sweetcorn Crispy Salad	Crispy Roast Potatoes Broccoli Cauliflower	Mushy Peas Curry Sauce Beans	
Street Food	Cheeseburger or Chicken Burgers	Spicy Hot Dog	Pizza Selection	Crispy Breaded Chicken Wrap	
Italian Daily Special	Tomato & Basil Pasta	Arrabbiata Pasta	Macaroni Cheese		
Dessert	Apple & Raspberry Crumble with Custard Butterscotch Dessert Pot	Lemon Meringue Pie Strawberry Dessert Pot	Chocolate Sponge Cake with Chocolate Custard Lemon Cheesecake	Waffles with Toffee Sauce & Vanilla Ice-Cream Muffins	



- CHEF'S CHOICE

5
A DAY



- 1 OF YOUR 5 A DAY



- MEAT FREE MONDAY



MEAT
FREE



5
A DAY
MENU