



# MENU

FREE

2  
A DAY

5  
A DAY

- 1 OF YOUR

5  
A DAY

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Spicy Peri Piri Chicken	Traditional Lasagne	Succulent Roast Chicken with Chicken Gravy & Stuffing Balls	Fish Cake & Chips	
Vegetarian Main Dish	Spicy Peri Piri Quorn Pieces	Traditional Quorn Lasagne	Home Made Cheese and onion Pie	Quorn Sausage & Chips	
Accompaniments	Noodles Crispy Sweetcorn Garden Peas Crispy Salad	Garlic Bread Broccoli Sweetcorn Crispy Salad	Crispy Roast Potatoes Broccoli Carrots	Mushy Peas Beans Curry Sauce	
Street Food	Crispy Chicken Nuggets with Skin on Wedged Potatoes	Panini with Various Fillings	Chilli Chicken Wrap	Pizza with a Selection of Toppings	
Italian Daily Special	Arrabbiata Pasta	Tomato & Basil Pasta	Macaroni Cheese		
Dessert	Apple Crumble & Custard Chocolate Cheesecake	Home Made Sticky Toffee Pudding and Custard Strawberry Dessert Pot	Syrup Sponge and Custard Chocolate Dessert Pot	Chocolate Brownie Muffins	

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