

MEAT FREE

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- MEAT FREE MONDAY

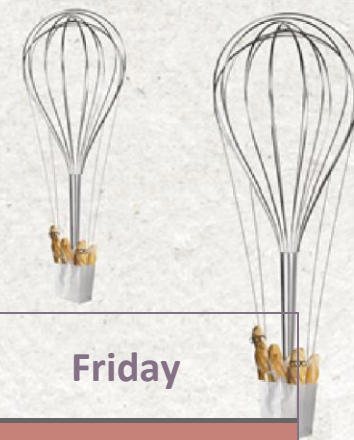
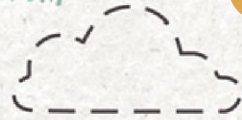
5 A DAY



5 A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 3 Halal Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Quorn sausages with Mashed potato	Halal Chicken Bhuna & naan	Roast Halal Chicken and Roast potatoes	Cheese and tomato pizza	Fish of the day & chips
Vegetarian Main Dish	Spicy tomato pasta	Stir fry vegetable noodles	Cheese and onion Quiche	Cheese and tomato pizza	Cheese & onion rolls
Accompaniments 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Dessert	Oatmeal cookies	Carrot cake	Apple and cinnamon crumble	Sticky toffee sponge and custard	Chocolate & banana slice
Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt
Jacket potato & Sandwich Selection	Jacket potato & sandwich selection and panini	Jacket potato & sandwich selection and panini	Jacket potato & sandwich selection and panini	Jacket potato & sandwich selection and panini	Jacket potato & sandwich selection and panini



MENU