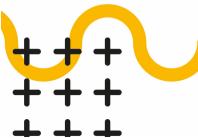
## MENU

	Week 3	Monday (MEAT FREE	Tuesday	Wednesday	Thursday	Friday
	Main Dish	Vegetable tikka masala with pilau rice and cucumber raita	Creamy chicken and leek pie with a golden pastry top served with mash potatoes	Roast beef, Yorkshire puddings and gravy with crispy roast potatoes	Beef Dhansak with pilau rice	Jumbo fish fingers served with chunky chips
	Vegetarian Main Dish	Mixed bean and aubergine tagine with couscous	No chicken teriyaki with rice	Vegetable and puy lentil casserole with mashed potato	Spiced vegetable jambalaya	Roasted Mediterranean vegetable calzone
	Accompaniments 5	Sweetcorn Steamed broccoli Salad bar	Spring greens Carrot batons Salad bar	Cauliflower cheese Braised red cabbage Salad bar	Green beans Crisp mixed salad Salad bar	Garden peas Crisp mixed salad Salad bar
	Street Food	Red lentil and squash dhal with basmati rice	Greek pork souvlaki in a warm pitta with tzatziki  & Greek salad	Tandoori chicken burgers with Bombay potatoes and cucumber raita	Chicken shawarma, salad, houmous and Khobez bread	Butternut squash and bean chilli with rice
	Italian Daily Special	Wholemeal pasta with a spicy tomato arrabiata sauce	Ham and mushroom pizza	Roasted vegetable pizza	Italian meatballs in tomato sauce with wholemeal pasta	BBQ chicken pizza
	Dessert	Banana bread	Saucy chocolate and orange pudding and custard	Rice pudding with a fruit compote	Apple and sultana samosa	Flapjack







1 OF YOUR 5 a Day MEAT FREE



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

