













| WEEK 3 |  MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|--|
| MAIN DISH |  Quorn™ lasagne with herb bread  | Beef burger with baked potato wedges | Sausages, Mash, vegetables and yorkshire pudding |  Chicken & tomato pasta bake  | Crispy battered fish & chunky chips |
| VEGETARIAN MAIN DISH |  Vegetable tikka masala with 50/50 rice  | Marinated Quorn™ pitta with baked potato wedges |  Vegan sausage & mash potato with gravy |  Vegetable & bean chilli with 50/50 rice  |  Quorn™ nuggets with chunky chips |
| ACCOMPANIMENTS  | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Home baked pudding | Home baked pudding | Home baked pudding | Home baked pudding | Home baked pudding |
| FRESH FRUIT OR YOGHURT | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt |
| JACKET POTATO AND SANDWICH SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |



MENU

Eating all your fruit & veg will help you grow BIG and STRONG (like me!)



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY











- CHEF'S CHOICE



- PLANT-BASED (VEGAN)





Allergens and intolerances All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

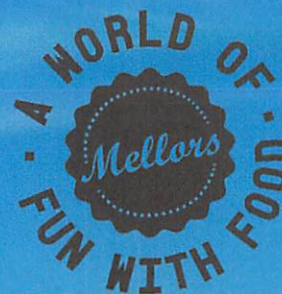
| WEEK 2 |  MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------|---|---|--|--|---|
| Main dish | Margherita pizza with baked potato wedges | Sausage & Mash | Roast chicken with mash potato & gravy |  Mexican chilli with 50/50 rice | Crispy battered fish & chunky chips |
| Vegetarian Main dish |  Chickpea & vegetable curry with 50/50 rice  |  Creamy butternut squash pasta |  Vegetable cobbler with mash potato |  Vegetarian meatballs with pasta  | Cheese and onion roll With chunky chips |
| Accompaniments | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| Desserts | Home baked pudding | Home baked pudding | Home baked pudding | Home baked pudding | Home baked pudding |
| Fresh fruit or yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt |
| Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |

**KEEP FIT
AND ACTIVE**









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| WEEK 1 |  MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------|---|--|--|--|--|
| Main dish |  Macaroni cheese | Homemade meat & potato pie with mash potato | Roast beef, with Yorkshire pudding, roast potatoes & gravy | Chicken korma with 50/50 rice | Fish fingers or salmon fingers with chunky chips |
| Vegetarian Main dish |  Vegetable stir fry with chicken style pieces and 50/50 rice |   Vegetarian bolognese | Vegetarian toad in the hole with roast potatoes & gravy |  Sweet potato, cheese & onion pie with new potatoes | Vegetarian burger with chunky chips |
| Accompaniments | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| Desserts | Home baked pudding | Home baked pudding | Home baked pudding | Home baked pudding | Home baked pudding |
| Fresh fruit or yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt | Fresh fruit or Yoghurt |
| Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |

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EAT
WELL



GROW
STRONG