



MEAT FREE

MEAT FREE

- MEAT FREE MONDAY

5
A DAY5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week Commencing – 22 January, 4 March, 25 March

| Week 3 Halal Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|--|--|--|--|--|
| Main Dish | Tomato & Basil Ragu with Coloured Pasta & Garlic Bread | Chicken Fajita Wrap served with Cajun Cous Cous & Soured Cream | Halal Roast Chicken with Roast Potatoes & Gravy | Halal Smokey BBQ Chicken Pizza with Wedges | Battered Fish served with Chips |
| Vegetarian Main Dish | Vegetable Biryani with Cucumber Raita | Vegetable Frittata with Cajun Cous Sous | Seasoned Quorn Fillet with Roast Potatoes & Gravy | Cheese and Tomato Pizza with Wedges | Quorn Nuggets served with Chips |
| Accompaniments 5 A DAY | Broccoli Salad Bar | Chilli Sweet Corn Salad Bar | Medley of Veg Salad Bar | Corn on the Cob Salad Bar | Peas & Baked Beans Salad Bar |
| Dessert | Wibbly Wobbly Jelly | Banana Bread | Sticky Toffee Sponge & Custard | Apple & Oat Cookie | Chocolate Sponge & Chocolate Sauce |
| Fresh Fruit Yoghurt | Fresh Fruit Yoghurt | Fresh Fruit Yoghurt or Cheese & crackers | Fresh Fruit Yoghurt | Fresh Fruit Yoghurt 5 A DAY | Fresh Fruit Yoghurt or Cheese & Crackers |
| Jacket potato & Sandwich Selection | Jacket Potato & Sandwich Selection or Cheese Panini | Jacket Potato or Sandwich Selection | Jacket Potato & Sandwich Selection or Pizza Panini | Jacket Potato or Sandwich Selection | Jacket Potato & Sandwich Selection or Tuna & Cheese Panini |

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