

| WEEK 3                                  | MONDAY                                   | TUESDAY                                         | WEDNESDAY                               | THURSDAY                                | FRIDAY                                  |
|-----------------------------------------|------------------------------------------|-------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| MAIN DISH                               | Cheese + Tomato<br>Pizza<br>Garlic Bread | Chicken Tikka Masala<br>With Rice<br>Naan Bread | Roast Dinner                            | Garlicky Ham<br>+<br>Mushroom Pasta     | Fish<br>+<br>Chips                      |
| VEGETARIAN<br>MAIN DISH                 | Tuna Pasta Bake                          | Cheese and Bean<br>Wraps                        | Vegan Roast Dinner                      | Vegetable Curry<br>With Rice            | Quorn Dippers<br>Chips                  |
| ACCOMPANIMENTS<br>5<br>A DAY            | Vegetable Selection<br>Salad Bar         | Vegetable Selection<br>Salad Bar                | Vegetable Selection<br>Salad Bar        | Vegetable Selection<br>Salad Bar        | Beans or Peas<br>Salad Bar              |
| DESSERTS                                | Chocolate Cake<br>+<br>Mint Custard      | Jelly                                           | Blueberry Iced Cake                     | Shortbread                              | Ice Cream                               |
| FRESH FRUIT<br>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<br>SANDWICH SELECTION | Jacket potato and<br>sandwich selection  | Jacket potato and<br>sandwich selection         | Jacket potato and<br>sandwich selection | Jacket potato and<br>sandwich selection | Jacket potato and<br>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.