



MENU

KEY

- 1 OF YOUR 5 A DAY
- MEAT-FREE MONDAY
- CHEF'S CHOICE
- PLANT-BASED (VEGAN)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegetable frittata	Chicken tikka masala	Roast turkey with sage & onion stuffing & gravy	chilli Bake	Crispy battered fish with chunky chips
Vegetarian Main Dish	Crunchy tomato & bean bake	Vegetable moussaka	Cheese & tomato tart	Smokey BBQ vegetable & bean wrap	Southern style Quorn burger
Accompaniments	Garden peas Crunchy slaw	Carrots Cauliflower	Green beans Cabbage	Sweetcorn Peas	Mushy peas Baked beans
Street Food	Tandoori chicken in a folded naan with crispy salad & assorted sauces	Juicy beef burger in a seeded bun topped with cheese	Crispy coated chicken wings with crunchy salad & spicy salsa	Battered chicken bites served in a tortilla with salad and sauce	SFC Burger served in a seeded bun with crisp salad & garlic mayo
Italian Daily Special	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces
Dessert	Jam & coconut sponge	Chilled mango & coconut rice pudding	Ice cream	Fruit crumble	Fruit ice lolly

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO

