



MENU

KEY

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Macaroni cheese	Lebanese chicken flat bread	Roast beef with Yorkshire pudding & gravy	Jerk chicken with rice & peas	Crispy battered fish with chunky chips
Vegetarian Main Dish	Quorn & vegetable lasagne	Oriental Quorn noodles	Cheesy potato & leek pie with crispy roasted potatoes	Spiced vegetable jambalaya	Falafel in pitta, crunchy slaw & chunky chips
Accompaniments 	Roasted root vegetables Braised red cabbage	Crisp green salad Corn on the cob	Steamed carrots Broccoli	Green beans Roasted butternut	Garden peas Baked beans
Street Food	Tandoori chicken in a folded naan with crispy salad and 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	Pineapple upside down pudding	Lemon drizzle cake	Ice cream	Chocolate orange sponge	Fruit ice lolly

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO

