

MEAT FREE

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- MEAT FREE MONDAY

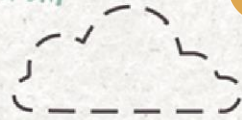
5 A DAY

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- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Creamy Italian Pasta Bake	Sausage & Onion Gravy	Roast of the Day	Cajun Chicken Roll	Fish & Chips
Vegetarian Main Dish	Creamy Italian Pasta Bake	Vegetarian Sausage & Onion Gravy	Roast Quorn Fillet	Veggie Burger	Quorn Nuggets & Chips
Accompaniments	Side Salad Garlic Bread Seasonal Vegetables	Mash Seasonal Veg	Potatoes Seasonal Veg Gravy	Side Salad Wedges	Garden Peas Baked Beans Side Salad
Street food & Budget Busters in the pod!	Love Joes Chicken Wrap, Panini Selection	Love Joes Chicken Wrap, Panini Selection	Love Joes Chicken Wrap, Panini Selection	Love Joes Chicken Wrap, Panini Selection	Love Joes Chicken Wrap, Panini Selection
Italian Daily Special	Basilico Pasta King Pot Jacket Potato Bar	TUGO Pizza Bar Jacket potato Bar	Carbonara Pasta King Pot Jacket Potato Bar	TUGO Pizza Bar Jacket Potato Bar	Tomato & Mascarpone Pasta King Pot Jacket Potato Bar
Chilled Selection	Selection of Sandwiches & Salads	Selection of Sandwiches & Salads	Selection of Sandwiches & Salads	Selection of Sandwiches & Salads	Selection of Sandwiches & Salads
Dessert	Dessert of the day, selection of home bakes, dessert pots & fruit pots	Dessert of the day, selection of home bakes, dessert pots & fruit pots	Dessert of the day, selection of home bakes, dessert pots & fruit pots	Dessert of the day, selection of home bakes, dessert pots & fruit pots	Dessert of the day, selection of home bakes, dessert pots & fruit pots



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