

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS and MEAL DEALS	V SAUCY TOMATO & CHICKEN PASTA	E ROAST PORK MEATBALLS	ROAST LAMB WITH MINTY STUFFING	V BEEFY LENTIL CURRY	E COD IN BATTER
	ROASTED VEGGIE COUS COUS E	CHEESY BROCCOLI PASTA BAKE V	QUORN TIKKA E	VEGGIE FRIED RICE E	CHEESE AND PEPPER FLAN V
	WRAPS... choose daily from JACKETS				
	TIKKA MEDITERRANEAN TANDOORI BBQ CHINESE HAM cheese peas TUNA sweetcorn BAKED BEANS cheese SALMON tomato COLESLAW				
PIZZA...choose daily from PASTA					
PEPPERONI MARGHERITA GIARDINIERA HAWAIIAN FIORENTINA ARABIATA CHICKEN TORINO SPICY MEATBALLS BASILICO CHICKEN ITALIANO					
POTATOES and VEG	GARLIC BREAD COUS COUS	SPAGHETTI CRUSTY BREAD	ROASTIES RICE	RICE POPPADOM	CHIPS NEW POTATOES
	BROCCOLI SALAD STICKS	MIXED SALAD POT COLESLAW	MIXED VEGGIES	MIXED SALAD POT SALAD STICKS	PEAS SWEETCORN
	SIDE ORDERS OF COLESLAW, BAKED BEANS, SWEETCORN, MIXED SALAD, BEAN SALAD AND CARROT AND CUCUMBER STICKS AVAILABLE DAILY				
PUDS	A SELECTION OF YOGHURTS, FRUIT ICE SMOOTHIES AND FRESH FRUIT SALAD POTS PREMIUM POTS – STRAWBERRY MERINGUE, BLACKCURRANT FOOL, RASPBERRY/RAISIN CHEESECAKE, GRAPE/BUTTERSCOTCH				
	PEAR SPONGE WITH CUSTARD	APPLE PIE WITH CUSTARD	MANDARIN JELLY & FUDGE YOGHURT	BANANA LOAF WITH CUSTARD	MINI CHOC BROWNIES WITH ORANGE WEDGES

4 VALUE...

GET THE **E-MEAL** DEAL!

4 HEALTH...

GET THE **VITA-MEAL** FEEL!