

# EAT THEM TO DEFEAT THEM



## WEEK A

Meat Free Monday

Vegetable Cheese Bake **V**

Served with Garlic Bread & Salad

or

Sweet & Sour Vegetables **GF V**

Served with Rice

Warm Fruit Crumble & Custard

Wednesday

Roast of the Day **GF**

or

Halloumi & Pepper Fajita **V**

Served with Sweet Potato Wedges & Salad

Fruit Jelly **GF V**

Friday

Traditional Fish & Chips

Served with Chips & Baked Beans

Or

Vegetable Burger

Served with Chips & Peas

Fresh Fruit

Tuesday

Chicken Katsu Curry

Served with Steamed Rice

or

Vegetable & Lentil Bake **GF V**

Served with New Potatoes & Steamed Vegetables

Chocolate Brownie & Custard

Thursday

Sweet & Sour Chicken

Served with Steamed Rice

or

Vegetable Cottage Pie **GF V**

Served with Peas & Sweetcorn

Fruit Rock Cakes **V**

Main Meal £2.00

Main Meal & Pudding or Drink £2.50

