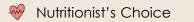
WEEK 1

SELECTOR MENU

MON	SAUSAGE AND MASH with Vegetables and Gravy VEGGIE BURRITO with Baked Garlic and Herb Wedges and Salad ♥♥
TUE	CHICKEN, PEA AND LEEK PASTA BAKE ♥ VEGETABLE TIKKA MASALA with Wholegrain Rice and Vegetables ♥ ♥ ♥
WED	ROAST LOIN OF PORK WITH APPLE SAUCE AND STUFFING with Roast Potatoes, Vegetables and Gravy ROAST QUORN with Roast Potatoes, Vegetables and Gravy
THUR	CHILLI CON CARNE with Wholegrain Rice and Vegetables 🥞 🧡 VEGETARIAN SAUSAGE AND MASH with Vegetables and Gravy 🕫
FRI	TENNESSEE CRISPY CHICKEN BURGER with Chips, Baked Beans and Peas BRAZILIAN BLACK BEAN STEW with Wholegrain Rice and Vegetables *** *** *** *** *** *** ***

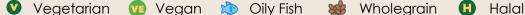










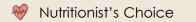




WEEK 2

SELECTOR MENU

MON	VEGAN CHILLI with Wholegrain Rice and Chipotle Sweetcorn ☞ 😻 🧡 VEGETARIAN LASAGNE with Margherita Pizza Pinwheel and Salad 👽 🧡
TUE	BUFFALO CHICKEN with Baked Garlic and Herb Wedges and Salad URBAN VEGAN DOG with Baked Garlic and Herb Wedges and Salad ©
WED	ROAST CHICKEN with Roast Potatoes, Vegetables and Gravy ROAST QUORN with Roast Potatoes, Vegetables and Gravy ♥
THUR	CARIBBEAN CHICKEN RICE with Vegetables VEGAN COTTAGE PIE with Vegetables and Gravy
FRI	SOUTHERN FRIED CHICKEN GOUJONS with Chips, Baked Beans and Peas BBQ QUORN BITES with Chips and Baked Beans or Peas O















WEEK 3

SELECTOR MENU

MON	CHICKPEA AND TOMATA MASALA with Wholegrain Rice and Vegetables CHEESE AND BEAN TOASTIE with Baked Garlic and Herb Wedges and Vegetables Output
TUE	MINCE BEEF PIE with Mashed Potato, Vegetables and Gravy BRAZILIAN BLACK BEAN STEW with Wholegrain Rice and Vegetables
WED	ROAST GLAZED HAM with Roast Potatoes, Vegetables and Gravy ROAST QUORN with Roast Potatoes, Vegetables and Gravy ♥
THUR	BEEF LASAGNE with Margherita Pizza Pinwheel and Salad ♥ VEGETARIAN LASAGNE with Margherita Pizza Pinwheel and Salad ♥ ♥
FRI	BATTERED FISH with Chips, Baked Beans and Peas CHEDDAR, ONION AND POTATO SLICE with Chips and Baked Beans or Peas ♥

