












“The Art of Food”

**HEALTHY EATING WEEK**

**Roast Thursday**

**Planet day**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>RED</b>	Hot Chicken meat ball sub roll	Lightly spiced beef wrap with slaw	Beef burger in a bun with tomato sauce	Roast chicken with Yorkshire pudding & gravy	Oven baked Fish cakes
<b>GREEN</b>	Cauliflower & green bean curry with turmeric rice (ve) 	One pot lemon broccoli pasta bake (v)	Roast tomato basil quiche (v)	Potato & spinach korma with rainbow rice (v)	Cheese & vegetable cakes (v)
<b>Yellow</b>	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling with salad
<b>The Daily Veg Selection</b>	Oven baked diced potato Seasonal mixed vegetables (ve) 	Homemade tomato bread Red cabbage Slaw (ve) 	Homemade wedges Corn on the cob Summer green salad (ve) 	Roast potatoes Cabbage Fresh carrots (ve) 	Chips Peas Baked beans (ve) 
<b>The Sweet Plate</b>	Empire biscuit (v) or Fresh fruit 	Fruit jellies (ve) or Fresh fruit 	Homemade carrot cake or Fresh fruit 	Bakewell style jam slice or Fresh fruit 	Chocolate traybake or Fresh fruit 

We fully support healthy eating and our commitment to meat free days

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Ve = vegan option