



Eat 2 Achieve

Week 1

@ St Piran's



Meat free Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dish of the Day Penne pasta with roasted vegetables (Contains gluten)</p> <p>Vegan Option Stuffed roasted pepper</p> <p>Sides Garlic flatbread Green Beans Sweetcorn</p> <p>Jacket Bar Jacket Potato Baked Sweet Potatoes & Selection of Toppings</p> <p>Dessert Banana & custard</p>	<p>Dish of the Day Mediterranean chicken breast</p> <p>Vegan Option Buckwheat chilli with rice</p> <p>Sides Sauté new potatoes Veg medley</p> <p>Pasta Bar Squash & spinach fusilli</p> <p>Dessert Cheese & crackers</p>	<p>Dish of the Day Minced beef chilli with nacho chips</p> <p>Vegan Option Mushroom & tomato chickpea pancakes</p> <p>Sides Savoury Rice Roast Vegetables Salsa Dip /Sour Cream</p> <p>Jacket Bar Jacket Potato Baked Sweet Potatoes & Selection of Toppings</p> <p>Dessert Iced vanilla sponge</p>	<p>Dish of the day Roast Turkey breast with gravy</p> <p>Vegan Option Lentil ragout</p> <p>Sides Roast Potatoes Floret Medley Carrots</p> <p>Pasta Bar Macaroni cheese</p> <p>Dessert Apple crumble with custard</p>	<p>Dish of the Day Crispy Breaded White Fish with Tartar Dip</p> <p>Vegan Option Sweet potato & bean falafel in pitta pocket</p> <p>Sides Chunky chips Baked Beans Garden Peas</p> <p>Jacket Bar Jacket Potato Baked Sweet Potatoes & Selection of Toppings</p> <p>Dessert Ice cream</p>

Freshly prepared salad bar, fresh fruit and yoghurt bar are available daily