



Eat 2 Achieve

Week 3

@ St Piran's



Meat free Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dish of the Day Pasta spirals with 3 cheese sauce</p>	<p>Dish of the Day Tandoori Chicken thighs With butter sauce</p>	<p>Dish of the Day Beef bolognaise</p>	<p>Dish of the day Roast lemon & thyme chicken with gravy</p>	<p>Dish of the day Homemade pepperoni or cheese & tomato pizza (contains gluten & dairy)</p>
<p>Vegan Option Buckwheat bolognaise</p>	<p>Vegan Option Chickpea & Spinach Balti, Poppadums</p>	<p>Vegan Option Pea and herb risotto</p>	<p>Vegan Option Mixed bean and vegetable cassoulet</p>	<p>Vegan Option The best vegan burger in a floured bun</p>
<p>Sides Garlic bread (Contains gluten) Sweetcorn Peas</p>	<p>Sides Pilaf Rice Green beans Roast cauliflower and cumin</p>	<p>Sides Fusilli pasta (Contains gluten) Steamed broccoli Carrots</p>	<p>Sides Roast Potatoes Vegetable Medley</p>	<p>Sides Shoestring fries Baked Beans Baby corn</p>
<p>Jacket Bar Jacket Potato Baked Sweet Potatoes & Selection of Toppings</p>	<p>Pasta Bar Broccoli Penne Alfredo (Pasta contains gluten, sauce contains gluten & dairy)</p>	<p>Jacket Bar Jacket Potato Baked Sweet Potatoes & Selection of Toppings</p>	<p>Pasta Bar Steamed pasta with a Nut Free Pesto (Pasta contains gluten, Pesto contains dairy)</p>	<p>Jacket Bar Jacket Potato Baked Sweet Potatoes & Selection of Toppings</p>
<p>Dessert Rice pudding with fruit sauce</p>	<p>Dessert Banana cake with cream (Cream contains dairy)</p>	<p>Dessert Flapjack (Contains gluten)</p>	<p>Dessert Raspberry jelly</p>	<p>Dessert Chocolate brownie (Contains gluten)</p>

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