



# Eat 2 Achieve

Week 4

@ St Piran's



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dish of the Day Grilled Spanish chicken thigh</p> <p>Vegan Option Mushroom &amp; spinach wraps <b>(Contains gluten)</b></p> <p>Sides Saute new potatoes Vegetable medley</p> <p>Jacket Bar Jacket Potato Baked Sweet Potatoes &amp; Selection of Toppings</p> <p>Dessert Summer fruit crumble &amp; custard <b>(Contains gluten, custard contains dairy)</b></p>	<p>Dish of the day Jumbo hotdogs <b>(Roll contains gluten)</b></p> <p>Vegan Option Roasted vegetable kebabs</p> <p>Sides Wedges Boston baked beans Corn on the cob</p> <p>Pasta Bar Squash &amp; spinach fusilli <b>(Contains gluten)</b></p> <p>Dessert Angel Delight</p>	<p>Dish of the Day Chicken curry &amp; Naan bread <b>(Bread contains gluten &amp; dairy)</b></p> <p>Vegan Option Stir fried vegetables with soy and noodles <b>(Contains gluten &amp; soy)</b></p> <p>Sides Rice &amp; peas Green beans</p> <p>Jacket Bar Jacket Potato Baked Sweet Potatoes &amp; Selection of Toppings</p> <p>Dessert Chocolate chip sponge</p>	<p>Dish of the day Roast beef with gravy</p> <p>Vegan Option Chick pea tagine served with pomegranate cous cous <b>(Cous cous contains gluten)</b></p> <p>Sides Roast Potatoes Floret Medley Carrots</p> <p>Pasta Bar Tagliatelle Pasta with a Tomato and Basil Sauce, Grated Cheddar <b>(Contains gluten &amp; dairy)</b></p> <p>Dessert Mixed yoghurt</p>	<p>S T  P I R A N S  T H E M E  D A Y</p>

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