

WEEK 1

Blue Zone

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Margherita Pizza (V)
or
Pepperoni Pizza
& Seasoned Wedges



Chicken Tikka
& Wholemeal Rice Wrap
or
Vegetable Tikka
& Wholemeal Rice Wrap



Marinated Glazed Chicken
with Choice of Sides
and House Slaw



Cheeseburger or
Southern Fried Quorn (V)
in a Bun with
Herby Diced Potatoes



Loaded Bucket of Chips
with Delicious Homemade
Toppings of Choice



Selection of Delicious
Wholemeal Filled Breads,
Healthy Salads
and Pasta Pots

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Jacket Potato with
a Choice of Topping
Served with Fresh Salad

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Homemade Cookies
and Cakes
Yogurt with Fruit Coulis
Fresh Fruit Pots and
Delicious Desserts

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WEEK 2

Blue Zone

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Rainbow Pizza (V)
or
BBQ Chicken Pizza
& Seasoned Wedges



Chili Beef
& Wholemeal Rice Wrap
&
Bean & Lentil Chili
& Wholemeal Rice Wrap



Chicken Tenders
with Choice of Sides
and House Slaw



Chicken Burger or
Southern Fried Quorn (V)
in a Bun with
Herby Diced Potatoes



Loaded Bucket of Chips
with Delicious Homemade
Toppings of Choice



Selection of Delicious
Wholemeal Filled Breads,
Healthy Salads
and Pasta Pots

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