



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Cheese pizza or cheese wraps	Pasta with tomato & basil or cheese sauce	Sausage	Chicken ghoujons	Fish of the day
VEGETARIAN MAIN DISH	See above	See above	Quorn sausage	Bolognaise bake	Cheese quiche
ACCOMPANIMENTS	Chips & seasonal vegetables Salad bar	Garlic bread and Seasonal vegetables Salad bar	Mash potato, Yorkshire pudding Seasonal vegetables Salad bar	Garlic bread, potato wedges, Seasonal vegetables Salad bar	Chips Seasonal vegetables Salad bar
DESSERTS	Cake & custard	Rice pudding or mousse	Cake or muffins	Jelly or ice cream	Biscuits & juice
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna



MENU



Variety is the key to a healthy diet. try something new today!



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION