

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Cheese and Ham Pinwheels with Wedges	Sausage and Mash served with Gravy	Roast Beef with Yorkshire Pudding, Roast Potatoes and Gravy	Pasta Bolognese served with Garlic Bread	Fish Fingers served with Chips
VEGETARIAN MAIN DISH	Quorn Nuggets served with Oven Baked Wedges	Vegetarian Sausage and Mash	Quorn Roast with Roast Potatoes and Gravy	Tomato & Vegetable Pasta Bake Served with Garlic Bread	Quorn Burger served with Chips
ACCOMPANIMENTS	Baked Beans Salad bar	Peas Salad bar	Cabbage Salad bar	Sweetcorn Salad bar	Mushy Peas Salad bar
DESSERTS	Ice Cream	Chocolate Cake served with Custard	Angel Delight	Chocolate Crunch	Cookie
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 & SANDWICH	Jacket Potato with Baked Beans or Ham Sandwich	Jacket Potato with Tuna Mayo Cheese sandwich	Jacket potato with Beans Tuna Mayo Sandwich	Jacket potato with Cheese and Baked Beans Ham Sandwich	Jacket Potato with Cheese Egg Mayo Sandwich



MENU



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



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Homemade Pizza served with Baked Wedges	Chicken Breast and Rice & a side of Sweet & Sour sauce	Roast Turkey served with Sage & Onion served with Mash Potato and Gravy	Spaghetti Bolognese served with Garlic Bread	Fish Fingers served with Chips
VEGETARIAN MAIN DISH	Macaroni Cheese Garlic bread	Quorn Nuggets with Wholemeal Rice	Vegetable Cottage Pie	Tomato & Vegetable Pasta Bake Served with Garlic Bread	Cheese Whirls served with Chips
ACCOMPANIMENTS	Coleslaw Salad bar	Mixed Vegetables Salad Bar	Cabbage Salad bar	Broccoli Salad bar	Baked beans Salad bar
DESSERTS	Chocolate Muffin	Lemon Drizzle Cake	Apple Crumble with Custard	Fruit in Jelly	Doughnut
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 & SANDWICH	Jacket Potato with Baked Beans Ham Sandwich	Jacket Potato with Cheese Tuna Mayo Sandwich	Jacket potato with Tuna Mayo Cheese Sandwich	Jacket potato with Cheese and Baked Beans Ham Sandwich	Jacket Potato with Cheese Egg Mayo Sandwich



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef Burgers in a Bun Served with Wedges	Homemade Beef Pie with Mash	Roast Chicken served with Sage & Onion Stuffing, Roast Potatoes & Gravy	Beef Lasagne served with Garlic Bread	Fish fingers served with Chips & Beans
VEGETARIAN MAIN DISH	Cheese & Onion Quiche Served with Diced Potato	BBQ Bean and Cheese wrap served with Wholemeal Rice	Quorn Sausage Served with Roast Potatoes and Gravy	Tomato & Vegetable Tortilla served with Savoury Rice	Quorn Nuggets served with Chips & Beans
ACCOMPANIMENTS	Baked beans Salad bar	Mushy peas Salad bar	Carrots & Broccoli Salad bar	Green Beans Salad bar	Garden Peas Salad bar
DESSERTS	Marble Sponge served with Custard	Fruit Jelly	Shortbread Biscuit with Mandarins	Carrot Cake	Chocolate Orange Brownie
FRESH FRUIT AND YOGHURT	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
JACKET POTATO & SANDWICH	Jacket Potato with Cheese or Ham Sandwich	Jacket Potato Tuna Mayo or Cheese Sandwich	Jacket Potato with Beans or Tuna Mayo Sandwich	Jacket Potato with Cheese and Beans or Ham sandwich	Jacket Potato with Cheese or Egg Mayo Sandwich



MENU



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5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION