

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--------------------------------------|--|--------------------------------------|--------------------------------------|
| MEAT MAIN DISH | Beef burger in a bun with new potatoes | Chicken pasta in a creamy sauce | Roast beef with Yorkshire pudding, gravy with roast potatoes | Chicken tikka curry with fluffy rice | Fish of the day with chips |
| VEGETARIAN MAIN DISH | Quorn burger in a bun with new potatoes | Quorn bbq wraps | Quorn roast, Yorkshire pudding, gravy and mashed potato | Macaroni cheese | Homemade pizza |
| ACCOMPANIMENTS | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Mash potato Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Chips Seasonal vegetables Salad bar |
| DESSERTS | Jam and vanilla sponge | Choc orange muffins | Strawberry fool | Fruit crumble and custard | Lemon shortbread |
| 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 SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |



MENU



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



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION