







WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese & Tomato Pizza with Wedges	Chicken lasagne 	Roast pork and apple sauce with gravy and mashed potato	Sweet and sour chicken with mixed rice 	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Marinated Quorn™ wrap with baked potato wedges	Vegetarian meatballs in a tomato sauce w spaghetti 	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	BBQ bean burger with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Spiced apple loaf	Carrot and orange muffins	Fruit and ice cream 	Fruit crumble and custard 	Chocolate orange cookies
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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!



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE