







WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese & Tomato pizza Wedges	Chicken lasagne 	Roast beef with Yorkshire pudding new potatoes	Sweet and sour chicken with mixed rice 	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Vegetable pizza Wedges	Vegetarian meatballs in a tomato sauce w spaghetti 	Veg Toad in the Hole with gravy and roast potatoes	Vegetarian chilli with mixed rice	Quorn nuggets with chips
ACCOMPANIMENTS	Fresh mixed salad & coleslaw	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 and jelly 	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	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato



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