







NUTRITIONIST APPROVED ✓

Menu will be running – w/c Nov 7th, 28th , Jan 2nd, 23rd, Feb 20th , Mar 13t



WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese & Tomato pizza Potato wedges	Beef lasagne 	Roast Chicken with Yorkshire pudding roast potatoes	Mild Mexican chilli 50/50 rice 	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable pizza Wedges	Vegetarian pasta bake 	Quorn roast with gravy and roast potato	Vegetarian meatballs with pasta	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	Shortbread	Ginger biscuit	Chocolate & orange muffins 	Winter fruit crumble with custard 	Chocolate brownie
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