

NUTRITIONIST APPROVED ✓

Menu will be running – w/c Nov 14th, Dec 5th, Jan 9th, 30th, Feb 27th, Mar 20th

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese Pinwheel	Beef burger with potato wedges	Roast Gammon with roast potatoes and gravy	Chicken and tomato pasta bake	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable curry with 50/50 rice	Veggie burger with potato wedges	Vegetarian sausage with roast potatoes and gravy	Vegetable and bean chilli with 50/50 rice	Quorn nuggets with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Flapjack with sliced apples	Creamy rice pudding with jam	Lemon cake	Sticky toffee pudding and custard	Fresh fruit and angel whip
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



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE