


**NUTRITIONIST APPROVED** ✓

5  
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	All day breakfast	Meat and potato pie with new potatoes	Roast chicken and stuffing with roast potatoes and gravy	Pizza of the day with Savoury rice	Fish fingers with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian all day breakfast	Tomato and mascarpone pasta	Quorn fillet and stuffing with roast potatoes and gravy	Cheese and tomato quiche with savoury rice	Quorn nuggets with chips
<b>ACCOMPANIMENTS</b> 	Baked beans Baked tomatoes Mushrooms Salad bar	Sweetcorn Green beans Salad bar	Green cabbage Carrot batons Salad bar	Broccoli Cauliflower Salad bar	Garden peas Baked beans Salad bar
<b>DESSERTS</b>	Ginger and coconut cookie	Jelly and fruit	Flapjack	Chocolate crunch and custard	Fresh fruit and ice cream
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO</b>	Jacket potatoes with various fillings	Jacket potatoes with various fillings	Jacket potatoes with various fillings	Jacket potatoes with various fillings	Jacket potatoes with various fillings



# MENU



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE