

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef burger and wedges	Tuna pasta bake	Roast pork and apple sauce with gravy and mashed potato	Spaghetti bolognese	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Marinated Quorn™ wrap with wedges	Vegetarian meatballs with pasta	Quorn bake with mash potato	Vegetarian chilli with mixed rice	Vegetarian sausage and onion gravy with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Chocolate and beetroot muffins	Lemon cookie	Fruit and ice cream	Fruit sponge and custard	Carrot and orange muffins
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and 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!



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION