

NUTRITIONIST APPROVED ✓

MEAT FREE

5 A DAY



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margarita pizza served with potato wedges	Beef chilli served with rice	Roast chicken roast potatoes Yorkshire pudding	Sweet and sour chicken with mixed rice 5 A DAY	Battered fish with chips
VEGETARIAN	Beans	Quorn chilli served with rice 5 A DAY	Quorn roast with gravy roast potato	Sweet and sour Quorn with mixed rice	Vegetable burger with chips
ACCOMPANIMENTS 5 A DAY	Salad	Peas Salad	Cauliflower Broccoli	Sweetcorn and peas Salad	Mushy peas Salad
DESSERTS	Jam sponge and custard	Carrot cake muffins	Chocolate and orange sponge custard 5 A DAY	Apple flapjack 5 A DAY	Ice cream
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 & SANDWICH SELECTION	Jacket potato and wrap selection	Jacket potato and Panini selection	Jacket potato and sandwich selection	Jacket potato and Panini selection	Jacket potato and wrap selection



MENU



Variety is the key to a healthy diet. try something new today!

MEAT FREE

- MEAT FREE MONDAY

5 A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE