







WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausage with mashed potato and gravy	Beef lasagne 	Roast Gammon With Roast Potatoes And Gravy	Chicken Tikka With Mixed Rice 	Fish Finger with chips
VEGETARIAN MAIN DISH	Quorn sausage with mashed potato and gravy	Vegetarian pasta bake 	Quorn roast with roast potatoes and gravy	Vegetarian chilli with mixed rice	Vegetable burger with chips
ACCOMPANIMENTS 	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
DESSERTS	Shortcake And Custard	Carrot and orange muffins	Fruit and ice cream 	Fruit Sponge And Custard 	Chocolate orange cookies
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 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!

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE