








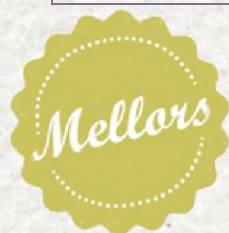


5  
A DAY

WEEK 3	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Tomato pasta bake 	Beef and Potato pie with mashed potato	Roast chicken with Yorkshire puddings, roast potatoes and gravy	Chicken Korma with brown rice	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian bolognaise with wholemeal pasta	Sweet potato and vegetable hot pot 	Vegetarian toad in the hole with roast potatoes and gravy	Quorn curry with brown rice	Cheddar Whirl with chips
<b>ACCOMPANIMENTS</b> 	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
<b>DESSERTS</b>	Chocolate & Orange sponge And Custard 	Fruit muffin 	Biscuit with fresh fruit 	Fruity Flapjack And Custard 	Fruit scone 
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	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



Quench your thirst with free fresh drinking water available daily

 MEAT FREE

- MEAT FREE MONDAY

 5 A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE





# MENU



Quench your thirst with  
free fresh drinking water  
available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE