

**NUTRITIONIST  
APPROVED** ✓

5  
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Lasagne with garlic bread	Chicken pie	Roast of the day with roast potato, Yorkshire pudding & gravy	Hand battered fish with chips	Beef burger with wedges
<b>VEGETARIAN MAIN DISH</b>	Cheese and Tomato Pizza	Vegetarian Meatballs in tomato sauce with pasta	Vegetarian Cottage pie	Cheese pasty	Pizza wrap
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Peach crumble with custard	Ginger sponge with custard	Rice pudding	Pear cobbler with custard	Ice cream
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
<b>SANDWICH SELECTION</b>	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich
<b>JACKET POTATO</b>	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese



# MENU



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

5  
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION