

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Mince Pie Pudding	Chicken korma with rice	Roast of the day with roast potatoes, stuffing & gravy	Hand battered fish with chips	Sausage buns with wedges
VEGETARIAN MAIN DISH	Baked macaroni cheese with garlic bread	Fish fingers	Cheese pastry	Vegetable Samosa	Cheese and tomato pizza
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Apple crumble with custard	Treacle sponge with custard	Iced vanilla cupcakes	Rice pudding	Ice cream and peaches
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	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
JACKET POTATO	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



Quench your thirst with free fresh drinking water available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION