

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausage Buns with wedges	Mince pie served with mash potato	Roast of the day with roast potato, Yorkshire pudding & gravy	Beef lasagne served with garlic bread	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable pasta bake	Quorn™ meatballs in gravy with mash potato	Quorn™ Fillet, roast potato, Yorkshire pudding & gravy	Macaroni cheese	Cheesy quiche
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Marble sponge with custard	Carrot & Orange muffins	Treacle Roly-Poly with custard	Crispy cake	Strawberry whip
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	Ham sandwich or Cheese sandwich	Tuna wrap or Cheese sandwich	Egg sandwich or Ham sandwich	Cheese savoury sandwich or Tuna sandwich	Tuna sandwich 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



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

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION