

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Spaghetti Bolognese with garlic bread	Chicken parmesan served with wedges	Roast of the day with roast potatoes & gravy	Sausage casserole	Fish fingers with chips & ketchup
VEGETARIAN MAIN DISH	Loaded potato skins	Quorn™ Bolognese served with pasta	Cauliflower cheese with roast potatoes and gravy	Vegetable quiche	Pizza wrap served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Ginger sponge with white sauce	Carrot Cake	Iced sponge	Cornflake Tart with custard	Fruit & Ice cream
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



Quench your thirst with
free fresh drinking water
available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION