

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	All Day Breakfast	Chicken Tikka & Rice	Roast Beef with Yorkshire pudding and mash potatoes	Spanish Chicken One pot	Fish of the Day with chips & ketchup
VEGETARIAN MAIN DISH	All Day Breakfast	Vegetable Frittata	Roast Quorn Fillet served with roast potatoes	Vegetable Quiche	Hotdog chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit & Ice Cream	Lemon Drizzle	Fruit & Jelly	Fruit Sponge & Custard	Ginger Biscuit
FRESH FRUIT & YOGHURT	Fresh fruit Yoghurt Fresh Bread	Fresh fruit Yoghurt Fresh Bread	Fresh fruit Yoghurt Fresh Bread	Fresh fruit Yoghurt Fresh Bread	Fresh fruit Yoghurt Fresh Bread
JACKET POTATO & SANDWICH SELECTION	Jacket Potato Sandwich Selection	Jacket Potato Sandwich Selection	Jacket Potato Sandwich Selection	Jacket Potato Sandwich Selection	Jacket Potato Sandwich Selection



MENU



Quench your thirst with free fresh drinking water available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION