



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Sausage served with mashed potato	Chicken curry and rice	Roast turkey served with roast potatoes and gravy	Beef lasagne served with garlic bread	Fish finger served with chips
JACKET POTATO	Jacket potato served	Jacket potato served	Jacket potato served	Jacket potato served	Jacket potato served
	with a variety of	with a variety of	with a variety of	with a variety of	with a variety of
	fillings	fillings	fillings	fillings	fillings
GRAB BAG	Sandwich selection	Sandwich selection	Sandwich selection	Sandwich selection	Sandwich selection
	with fresh fruit and a	with fresh fruit and a	with fresh fruit and a	with fresh fruit and a	with fresh fruit and a
	choice of desert	choice of desert	choice of desert	choice of desert	choice of desert
DESSERT	Marble sponge served with custard	Lemon drizzle cake	Vanilla whip served with fruit	Pear and chocolate sponge served with custard	Marvellous muffins
SERVED DAILY	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar







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



-10F YOUR 5 A DAY



- HEALTHY OPTION