



NUTRITIONIST APPROVED ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausage casserole with gravy	Mince & Dumplings with boiled potatoes	Roast turkey with stuffing, roast potatoes & gravy	Chicken pasta bake with wholewheat pasta and garlic bread	Jumbo fish fingers or Salmon bites with chips
VEGETARIAN MAIN DISH	Quorn™ sausage and pasta bake	Vegetable quiche with boiled potatoes	Cauliflower and broccoli bake with roast potatoes	Vegetarian meatballs with rice and garlic bread	Quorn™ burger in soft bun with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread
DESSERTS	Strawberry whip	Banana bread	Ginger biscuit with mini mandarins 	Pineapple upside down pudding 	Chocolate orange cookies
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	Ham, Cheese or Tuna Wholemeal Sandwich	Ham, Cheese or Tuna Wholemeal Sandwich	Ham, Cheese or Tuna Wholemeal Sandwich	Ham, Cheese or Tuna Wholemeal Sandwich	Ham, Cheese or Tuna Wholemeal 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