WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Homemade lasagne with herb dough balls	Roast pork with creamy mash potato & gravy	Traditional chicken pie with creamy mash potato	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Sweet potato & vegetable casserole	Vegetable stir fry with chicken style pieces and 50/50 rice	Quorn™ & tomato bake with mash potatoes	Tomato & basil pasta	Vegan sausage & chunky chips
ACCOMPANIMENTS  5  A DAY	Peas & carrots Salad bar	Corn on the cob & broccoli Salad bar	Carrots & parsnips Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	Fruit pie & custard	Chocolate & banana slice	Zesty lemon muffin	Ginger cake & custard	Fresh fruit & whip
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Try something NEW today... Variety is key to a healthy diet.















KEY 5 - 10F YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)