



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Spaghetti Bolognese	Beef burger in a soft bun	Roast chicken breast & gravy	Chicken enchiladas	Breaded chicken escalope with bechamel sauce and cheese
VEGETARIAN MAIN DISH	Vegetable lasagne	Macaroni cheese	Roast Quorn™ fillet	Quorn™ sausage and pasta bake	Cheese whirl
ACCOMPANIMENTS	Garlic bread Seasonal vegetables Salad bar Fresh Bread	New potatoes Seasonal vegetables Salad bar Fresh Bread	Mash potato Seasonal vegetables Salad bar Fresh Bread	Wholegrain rice Seasonal vegetables Salad bar Fresh Bread	Chips Seasonal vegetables Salad bar Fresh Bread
DESSERTS	Lemon drizzle cake with custard	Fruit crumble and custard	Chocolate sponge with chocolate sauce	Shortbread biscuits and mandarins	Ice cream with mini shortbread biscuits
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna 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



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



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION