



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sweet & sour chicken	Chicken casserole topped with dumplings	Roast pork with apple sauce & gravy	All day breakfast quiche	Jumbo fish fingers or Salmon bites & ketchup
VEGETARIAN MAIN DISH	Pizza wrap	Vegetarian toad in the hole	Cauliflower cheese	Vegetable chilli	Quorn™ burger in soft bun
ACCOMPANIMENTS	Steamed Rice Seasonal vegetables Salad bar Fresh Bread	Boiled potatoes Seasonal vegetables Salad bar Fresh Bread	Roast potatoes Seasonal vegetables Salad bar Fresh Bread	Potato wedges Seasonal vegetables Salad bar Fresh Bread	Chips Seasonal vegetables Salad bar Fresh Bread
DESSERTS	Chocolate Crunch	Eton mess	Ginger sponge with white sauce	Peach and Raspberry Sponge	Fruit scone
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	Ham, Tuna or Cheese sandwich	Ham, Tuna or Cheese sandwich	Ham, Tuna or Cheese sandwich	Ham, Tuna or Cheese sandwich	Ham, Tuna or Cheese 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



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION