

NUTRITIONIST APPROVED ✓

Menu will be running – w/c 17th Jan, 7th Feb, 7th March, 28th March



| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|---------------------------------|--|---|--|--|
| MAIN DISH | Cheese & Tomato pizza Wedges | Chicken lasagne | Roast pork and apple sauce with gravy and mashed potato | Sweet and sour chicken with mixed rice | Fish of the day or salmon fishcakes with chips |
| VEGETARIAN MAIN DISH | Vegetable pizza Wedges | Vegetarian meatballs in a tomato sauce w spaghetti | Quorn roast with gravy and mashed potato | Vegetarian chilli with mixed rice | Quorn nuggets with chips |
| ACCOMPANIMENTS | Fresh mixed salad & coleslaw | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Spiced apple loaf | Carrot and orange muffins | Fruit and ice cream | Fruit crumble and custard | Chocolate orange cookies |
| 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 | Jacket potato | Jacket potato | Jacket potato | Jacket potato | Jacket potato |



MENU



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

- MEAT FREE MONDAY
- 1 OF YOUR 5 A DAY
- CHEF'S CHOICE