







| WEEK 2 | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|--|--|---|--|--|
| MAIN DISH | Cheese & Tomato pizza Wedges | Chicken lasagne  | Roast beef with Yorkshire pudding new potatoes | 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  | Veg Toad in the Hole with gravy and roast potatoes | 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 and jelly  | 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