

NUTRITIONIST APPROVED ✓

Menu will be running – w/c 9th May, 6th June, 27th June, 18th July

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese & tomato pasta bake served with garlic bread	Hotdog with potato wedges	Roast Pork with apple sauce with new potatoes	Chicken curry masala with 50/50	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable stir fry with noodles	Veggie hot dog with potato wedges	Quorn fillet with roast potatoes and gravy	Quorn™ lasagne with crusty bread	Quorn nuggets with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Chocolarte & beetroot brownie	Banana muffin	Ginger biscuit with fresh fruit	Oaty apple crumble and custard	Fresh fruit scone
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



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE