








WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Vegetarian sausage with mashed potato and gravy	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
<b>VEGETARIAN MAIN DISH</b>	Marinated Quorn™ wrap with baked potato wedges	Vegetarian meatballs in a tomato sauce w spaghetti 	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	BBQ bean burger with chips
<b>ACCOMPANIMENTS</b> 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Spiced apple loaf	Carrot and orange muffins	Fruit and ice cream 	Fruit crumble and custard 	Chocolate orange cookies
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# 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