

**NUTRITIONIST APPROVED** ✓

Menu will be running – w/c 20<sup>th</sup> Sept and 11<sup>th</sup> Oct

5  
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Salmon and broccoli pasta bake	Chicken and vegetable pie with mashed potato	Roast beef with Yorkshire puddings, roast potatoes and gravy	Chicken tikka masala with brown rice	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian bolognaise with wholemeal pasta	Sweet potato and vegetable hot pot	Vegetarian toad in the hole with roast potatoes and gravy	Quorn™ lasagne with crusty bread	BBQ bean and cheese wrap 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>	Plum yoghurt cake	Mango and banana muffin	Ginger biscuit with fresh fruit	Oaty apple crumble and custard	Fresh fruit scone
<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



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE