

NUTRITIONIST APPROVED ✓

Menu will be running – w/c Nov 8th+29th, Dec 20th, Jan 10th+31st, Feb 21st, March 14th, April 11th

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese & tomato pizza with wedges	Steak pie with mashed potato	Toad in the hole with potatoes and gravy	Chicken curry with 50/50 rice	Fish of the day with chips
VEGETARIAN MAIN DISH	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	cheese wrap with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal Salad bar
DESSERTS	Lemon tray bake	banana muffin	Ginger shortbread with fresh fruit	Oaty apple crumble with 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 & 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

- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE