

**NUTRITIONIST APPROVED** ✓

5  
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Chicken pizza	Sausages	Chicken wrap	Roast beef and Yorkshire pudding	Battered fish
<b>VEGETARIAN MAIN DISH</b>	Quorn burger in a soft bun	Macroni Cheese	Vegetarian all day breakfast	Quorn fillet and stuffing	Cheese quesadillas
<b>ACCOMPANIMENTS</b> 	Potato wedges Garden peas Sweetcorn Salad bar	Creamy Mash Carrot batons Broccoli Salad Bar	Cubed potatoes Baked beans Tomatoes Mushrooms Salad bar	Mashed potatoes Green cabbage Sliced carrots Salad bar	Chips Baked beans Mushy peas Salad bar
<b>DESSERTS</b>	Fruit and jelly	Shortbread	Flapjack	Chocolate crispy cake	Fruit and ice cream
<b>FRESH FRUIT &amp; YOGHURT</b> 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATOES &amp; SANDWICHES</b>	Jacket potato and sandwiches with various fillings	Jacket potato and sandwiches with various fillings	Jacket potato and sandwiches with various fillings	Jacket potato and sandwiches with various fillings	Jacket potato and sandwiches with various fillings



# MENU



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE