

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT CHOICE	Macaroni with broccoli and garlic bread	Fish cake with mash potato and garden peas	Roast chicken or Quorn fillet with roast potatoes, stuffing and vegetables	Margherita Panini Pizza with potato cubes and sweetcorn	Fish or Quorn nuggets with chips and beans
JACKET POTATO	Jacket potato with Tuna mayo or cheese or baked beans	Jacket potato with tuna mayo or cheese or baked beans	Jacket potato with tuna mayo or cheese or baked beans	Jacket potato with tuna mayo or cheese or baked beans	Jacket potato with tuna mayo or cheese or baked beans
SALAD SELECTION	Cucumber sticks	Carrot sticks	Cherry tomato halves	Carrot sticks	Cucumber sticks
DESSERT OF THE DAY	Shortbread biscuit or Yoghurt or Fruit pot	Chocolate crunch or yoghurt or Fruit pot	Flapjack or yoghurt or Fruit pot	Choc rice crispy cake or yoghurt or Fruit pot	Ice cream or yoghurt or Fruit pot



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