








Week 1	Monday 	Tuesday	Wednesday	Thursday	Friday
Main Dish	Tomato pizza with herby potatoes	Chicken wrap with rice 	Roast of the day with gravy and roast potatoes	Brunch Sausage hash brown beans and fresh tomato 	Fish of the day with chips
Vegetarian Main Dish	Vegetable burger in a bun with herby potatoes	Vegetarian meatballs in a tomato sauce served with spaghetti 	Quorn roast with gravy and roast potatoes	Vegetarian brunch Veggie sausage hash brown beans and fresh tomato	Quorn nuggets with chips
Accompaniments 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Desserts	Strawberry whip	Shortbread biscuit and mandarins	Jelly 	Carrot cake	Ice cream
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	Cheese	Beans	Tuna	Cheese and beans	Tuna



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