WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pork sausage with creamy mash potato & gravy	Mediterranean chicken wrap with savoury rice	Roast chicken with stuffing, roast potatoes & gravy	Beef burger with baked potato wedges	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetable stir fry with chicken style pieces and 50/50 rice	Vegetarian pasta bake	Potato 8 cauliflower curry with 50/50 rice	Vegetarian burger with chips	Tomato 8 basil pasta
ACCOMPANIMENTS 5 ADAY	Peas & carrots Salad bar	Corn on the cob & broccoli Salad bar	Carrots & parsnips Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	Shortbread	Flapjack	Apple crumble & custard	Marble sponge & custard	Fresh fruit & whip
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	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling



Try something NEW today... Variety is key to a healthy diet.















KEY 5 - 10F YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)