

NUTRITIONIST APPROVED ✓

5
A DAY

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A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetable tikka masala with rice	Sausage, creamy mash, Yorkshire puddings & gravy	Chicken wrap & wedges	Roast gammon with roast potato & gravy	Fish cake with chips
VEGETARIAN MAIN DISH	Vegetarian chilli with rice	Quorn sausage, creamy mash, Yorkshire pudding & gravy	Veggie nuggets wrap & wedges	Quorn chicken & mash potato with gravy	Cheese pinwheel with chips
ACCOMPANIMENTS	Naan bread	Cucumber sticks	Salad	Seasonal vegetables	Peas & baked beans
DESSERTS	mousse	fruit crumble with custard	lemon cake	ice cream	Oaty biscuits
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 OR A CHOICE OF SANDWICHES	Jacket potato and 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 MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE