


NUTRITIONIST APPROVED ✓

| WEEK 2 | MONDAY <small>MEAT FREE</small> | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|---|
| MAIN DISH | Pizza of the Day Margarita Pizza with Jacket Wedges | Beef Lasagne with Garlic Bread  | Roast Pork & Apple Sauce with Gravy and Creamy Mashed Potato | Sweet and Sour Chicken with Brown Rice <small>5 A DAY</small> | Fish of the day Salmon Fishcakes with Chips |
| VEGETARIAN MAIN DISH | Vegetable Korma with Rice | Vegetarian Pasta Bake with Garlic Bread <small>5 A DAY</small> | Quorn Roast with Gravy and Creamy Mashed Potato | Vegetarian Chilli with Brown Rice | Quorn Burger with Chips |
| ACCOMPANIMENTS | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar |
| DESSERTS | Marble Sponge Cake & Custard | Homemade Carrot Cake | Apple Flapjack <small>5 A DAY</small> | Fruit crumble and custard <small>5 A DAY</small> | Oaty Biscuits |
| FRESH FRUIT & YOGHURT | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt |
| JACKET POTATO & SANDWICH SELECTION | 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



Variety is the key to a healthy diet. try something new today!

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE