





**NUTRITIONIST APPROVED** ✓

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Bolognaise with Wholemeal Pasta 	Chicken and Vegetable Pie with Mashed Potato	Roast Gammon with Yorkshire Puddings, Roast Potatoes and Gravy	Meatballs in Tomato Sauce with Spaghetti Pasta	Fish of the day Fish Fingers & Chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian Bolognaise with Wholemeal Pasta	Pizza of the Day Veggie Pizza with Wedges	Vegetarian Toad in the Hole with Roast Potatoes and Gravy	Cheese & Onion Quiche	Cheesy Pinwheels with Chips
<b>ACCOMPANIMENTS</b> 	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>DESSERTS</b>	Chocolate Sponge with Chocolate Custard	Sticky Toffee Muffin	Rice Pudding with Fruit Compote 	Fruit Crumble and Custard 	Lemon Drizzle Cake
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	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