








NUTRITIONIST APPROVED ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni Cheese & Garlic Bread	Pizza with Baked Potato Wedges 	Roast Turkey, Yorkshire Puddings, & Gravy with Crispy Roast Potatoes	Pasta Bolognaise with Garlic Bread 	Fish Fingers served with Chips
VEGETARIAN MAIN DISH	Vegetable Bolognese Pasta Bake & Garlic Bread 	Vegetable Pizza with Baked Potato Wedges	Vegetarian Sausage with Gravy and Crispy Roast Potatoes	Vegetarian Lasagne with Garlic Bread 	Vegetable & Bean Wrap with Chips
ACCOMPANIMENTS 	Broccoli & Peas Salad bar	Baked Beans Salad bar	Cauliflower & Broccoli Salad bar	Green Beans Salad bar	Mushy peas & Baked Beans Salad bar
DESSERTS	Fruit Crumble & Custard 	Chocolate and Orange Pudding and Custard	Donut	Mixed Fruit & Custard 	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 & SANDWICH SELECTION	Jacket Potato & Beans, Cheese or Tuna or Cheese or Ham Sandwiches	Jacket Potato & Beans, Cheese or Tuna or Cheese Panini	Jacket Potato & Beans, Cheese or Tuna Cheese or Ham sandwiches	Jacket Potato & Beans, Cheese or Tuna or Cheese Panini	Jacket Potato & Beans, Cheese or Tuna Cheese or Ham Sandwiches



MENU



Quench your thirst with free fresh drinking water available daily

MEAT FREE

- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE