










NUTRITIONIST APPROVED ✓

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Mince & dumplings with mashed potato	Spaghetti Bolognese with garlic bread	Roast Chicken with gravy, and mash or roast potatoes	Pizza of the day with baked wedges	Fish or Salmon fillet with chips
VEGETARIAN MAIN DISH	Vegetable pasta bake 	Vegetable stir fry with noodles 	Quorn roast with gravy and mash or roast potatoes 	Vegetable Masala with brown rice 	Quorn nuggets 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 & custard  Cheese, crackers & fruit	Shortbread with fruit Mandarin and chocolate sponge with custard	Carrot cake Bananas and custard 	Rhubarb cake and custard  Oat & apple crumble with custard	Fruit and ice cream 
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



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION



MENU



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available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION