







NUTRITIONIST APPROVED ✓

5  
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	3 cheese pizza with wedges 	Pork meatballs in a tomato sauce and pitta bread	Sausages with mashed potato and Yorkshire pudding	Chicken casserole with herby dumplings	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetarian bolognese with pasta	Sweet potato and vegetable hot pot 	Vegetarian toad in the hole with roast potatoes and gravy	Macaroni cheese & garlic bread	Vegetable frittata
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	lemon drizzle sponge and custard 	Hot chocolate orange muffin	Ginger shortcake and orange wedge 	Oaty apple crumble and custard 	Butterscotch angel delight
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 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