



WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Homemade lasagne with herb dough balls	Roast chicken with creamy mash potato & gravy	Pasta & meatballs	Salmon fingers & chunky chips
VEGETARIAN MAIN DISH	Veggie pizza with baked potato wedges	Vegetable stir fry with chicken style pieces and 50/50 rice	Roast Quorn with mashed potato & gravy	Tomato and basil pasta	Veggie burger & chunky chips
ACCOMPANIMENTS 	Peas and carrots Salad bar	Corn on the cob & broccoli Salad bar	Carrots and parsnip Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	Fruit pie and custard 	chocolate & banana slice 	Zesty lemon muffin 	ginger cake & custard 	Fresh Fruit Friday 
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/PASTA/SUB	Tomato & basil pasta	Jacket potato with cheese/beans/tuna	Jacket potato with cheese/beans/tuna	Jacket potato with cheese/beans/tuna	Sandwiches with chips Cheese/ham/tuna



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