






WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese flan with salad	Tandoori chicken Rice	Beef Cheeseburger with Herby potato	Sausage, mash, and Yorkshire pudding with gravy	Fish of the day with Chips
VEGETARIAN MAIN DISH	Quorn meatballs with Pasta	Quorn tandoori chicken rice	Veggie Burger with Herby Potatoes	Quorn sausage, mash Yorkshire pudding with gravy	Cheese whirl with Chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Choc Chip Muffin	Ginger biscuit 	Artic Roll	Carrot cake 	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
SANDWICHES/PASTA/ WRAP	Jacket Potato with Cheese/Beans	Sandwiches with Cheese/Ham/Tuna	Cheese & Bean Wrap	Sandwiches with Cheese/Ham/Tuna	Tomato and basil Pasta



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