WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Homemade lasagne with herb dough balls	Roast beef Yorkshire pudding with creamy mash potato & gravy	Chinese Curry with Rice	Crispy battered fish & Chunky Chips
VEGETARIAN MAIN DISH	Quorn dippers with baked potato wedges	Vegetable homemade lasagne with herb dough balls	Quorn sausage Yorkshire pudding with mashed potato & gravy	Tomato & basil pasta	Vegan sausage & 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	Strawberry Mousse	Rice pudding	Zesty lemon muffin	Oaty biscuit	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	Sandwiches and jacket potato with cheese / ham / tuna	Tomato & basil pasta	Sandwiches and jacket potato with cheese / ham / tuna	Cheese & bean wrap	Sandwiches and jacket potato with cheese / ham / tuna

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MENU



Variety is the key to a healthy diet, try something new today!

MEAT FREE - MEAT FREE MONDAY

5 A DAY - 1 OF YOUR 5 A DAY

- CHEF'S CHOICE

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