WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Chicken tikka masala with 50/50 rice	Roast gammon with creamy mash potato & gravy	Traditional cottage pie	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Macaroni cheese	Cheese pinwheels served with half a crispy jacket	Vegetarian meatballs with pasta	Quorn™ enchiladas with diced potatoes	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5 A DAY	Peas & carrots Salad bar	Corn on the cob & broccoli Salad bar	Carrots & parsnips Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	Apple & oat cookie	Chocolate 8 banana slice	Zesty lemon muffin	Ginger cake & custard	Fresh fruit & whip
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit <i>or</i> Yoghurt
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	Jacket potato and sandwich selection



Try something NEW today... Variety is key to a healthy diet.











KEY 5 - 10F YOUR 5 A DAY MEAT - MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)