









WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Chicken enchiladas with rice	Salmon and broccoli pasta bake 	Roast beef with Yorkshire pudding, gravy and mashed potato	Sweet and sour pork with rice	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Roasted vegetable and bean wraps with rice 	Vegetable moussaka 	Quorn roast, Yorkshire pudding, gravy and mashed potato	Macaroni cheese	Vegetarian sausage with onion gravy and mash potato
<b>ACCOMPANIMENTS</b> 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Mash potato Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Chips or mash potato  Seasonal vegetables Salad bar
<b>DESSERTS</b>	Chocolate and banana slice	Carrot and orange muffins	Apple berry fool 	Fruit crumble and custard	Oaty biscuits
<b>FRESH FRUIT &amp; YOGHURT</b> 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	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



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



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION