

NUTRITIONIST APPROVED ✓

Menu will be running – w/c Nov 22nd, Dec 13th, Jan 3rd+24th, Feb 14th, March 7th, April 4th+25th



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian sausage with mashed potato and gravy	Chicken lasagne	Roast pork and apple sauce with gravy and mashed potato	Sweet and sour chicken with mixed rice	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Marinated Quorn™ wrap with baked potato wedges	Vegetarian meatballs in a tomato sauce w spaghetti	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	BBQ bean burger with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Apple loaf	Carrot and orange muffins	Fruit and ice cream	Fruit crumble and custard	Chocolate shortbread
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 & 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!

- MEAT FREE MONDAY
- 1 OF YOUR 5 A DAY
- CHEF'S CHOICE