

NUTRITIONIST APPROVED ✓

5 A DAY

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Fish fingers served With Herby diced Potatoes and Buttered Barm	Homemade lasagne Served with a garlic slice	Pepperoni Pizza And Cheese Pizza	Roast Pork With crispy Roast Potatoes and fresh Vegetables	FISH
MAIN DISH	Cheese, ham and tomato bake	BBQ Quorn Wraps	Cheesy Pasta Bake	Sub roll selection served with garden salad	AND CHIP
ACCOMPANIMENTS	Baked beans Sweetcorn Salad bar	Baton carrots Garden peas Salad bar	Baked beans Garden salad Sweetcorn	Carrots Garden salad	SHOP
DESSERTS	Shortbread fingers	Lemon muffin	Syrup flapjack	Orange Drizzle cake	Dessert of the day
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	Jacket potato and sandwich selection



MENU



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE