










**NUTRITIONIST  
APPROVED** ✓

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Mince & dumplings with mashed potato	Chicken and leek pie with new potatoes	Roast Chicken with gravy, and mash or roast potatoes	Pizza of the day with Savoury rice	Fish or Salmon fillet with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetable pasta bake 	Vegetable stir fry with noodles 	Quorn roast with gravy and mash or roast potatoes 	Vegetable Masala with brown rice 	Quorn nuggets with chips
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Marble sponge & custard  Cheese, crackers & fruit	Shortbread with fruit Pear and chocolate sponge with custard	Carrot cake Bananas and custard 	Fruit in jelly  Oat & apple crumble with custard	Fruit and ice cream 
<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



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION