

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Chicken Curry Served with Wholemeal Rice & Naan	Pizza served with Potato Wedges	Roast Turkey served with Sage & Onion served with Mash Potato and Gravy	Spaghetti Bolognese served with Garlic Bread	Fish of the day Served with Chips
VEGETARIAN MAIN DISH	Quorn Curry & Wholemeal Rice	Cheese Quiche	Veggie Cottage Pie	Tomato & Vegetable Pasta Bake Served with Garlic Bread	Quorn Sweet & sour Sauce with Wholemeal Rice
ACCOMPANIMENT	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread
DESSERT	Muffin	Fruit Cake cake	Strawberry Mousse	Fruit in Jelly	Cookie
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt-Jelly	Fresh fruit and yoghurt-Jelly	Fresh fruit and yoghurt-Jelly	Fresh fruit and yoghurt-Jelly	Fresh fruit and yoghurt-Jelly
JACKET POTATO & SANDWICH OPTION	Jacket Pot Cheese,Beans,Tuna Ham or Tuna Wrap	Jacket Pot Cheese,Beans,Tuna Cheese or Tuna Baguette	Jacket Pot Cheese,Beans,Tuna Ham or Cheese Wrap	Jacket Pot Cheese,Beans,Tuna Turkey or Tuna Baguette	Jacket Pot Cheese,Beans,Tuna Ham or Cheese Wrap

W/C 22/11, 13/12

Mellors

MENU



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

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION