



5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef Burgers in a Bun Served with Diced Potato	Homemade Chicken Pie	Roast Pork served with Sage & Onion Stuffing, Roast Potatoes and Gravy	Meatballs & Pasta Served with Garlic bread	Fishcakes served with chips
VEGETARIAN MAIN DISH	Cheese & Onion Quiche Served with Diced Potato	BBQ Bean and Cheese wrap served with Wholemeal Rice	Quorn Sausage Served with Roast Potatoes and Gravy	Tomato & Mascarpone Pasta	Quorn Nuggets served with Chips & Ketchup
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	Shortbread with Mandarins	Marble cake Served with Custard	Ice Cream	Butterscotch Whip	Chocolate orange Brownie
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 Cheese Sandwich	Jacket Pot Cheese,Beans,Tuna Cheese or Tuna Wrap	Jacket Pot Cheese,Beans,Tuna Turkey or Cheese Sandwich	Jacket Pot Cheese,Beans,Tuna Ham or Tuna Wrap	Jacket Pot Cheese,Beans,Tuna Cheese or Tuna Sandwich

W/C 8/11, 29/11



MENU



Quench your thirst with free fresh drinking water available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION