



Menu will be running – W/C 16th Sept, 7th Oct 2024

5
A DAY

NUTRITIONIST
APPROVED ✓

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta served with tomato sauce, garlic bread and cheese (Sauce optional)	Taco Tuesday Mince, Taco, tomato, Lettuce, onion, cheese Jullien fries	Roast chicken Roast Potatoes Yorkshire pudding and gravy	Sausage roll with wedges	Fish Fingers With chips
Vegetarian Main Dish	Vegetarian chicken strips sweet and sour sauce (Sauce optional) with Rice	Cheese Pasty with wedges	Quorn burger with Jullien fries	Cheese Pizza with Potato wedges 	Vegan dippers with chips
Accompaniments	Seasonal vegetables Baked beans	Seasonal vegetables Baked beans	Seasonal vegetables Baked beans	Seasonal vegetables Baked beans	Seasonal vegetables Baked beans
Desserts	Ginger cookie	Strawberry jam cake with coconut	Lemon shortbread	Chocolate apple cake Chocolate custard	Fruity Friday 
Fresh Fruit or Yoghurt	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar	Fresh fruit or yoghurt Fresh bread Salad bar
Jacket Potato or Sandwich	Jacket potato Cheese sandwich	Jacket potato Ham sandwich	Jacket potato Tuna Mayo sandwich	Jacket potato Ham sandwich	Jacket potato Cheese sandwich



MENU



Quench your thirst with free fresh drinking water available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE