

NUTRITIONIST
APPROVED ✓

Menu will be running – W/C 14th Nov, 5th Dec, 16th Jan, 6th Feb, 6th Mar, 27th Mar

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetable meatballs in gravy with mash potato	Beef lasagne	Roast Turkey, roast potatoes and gravy	Pork sausage roll with potato wedges	Fish pieces with chips
VEGETARIAN MAIN DISH 	Cheese pizza baguette	Pasta in tomato sauce and cheese	Cheese Pasty	Vegetable sausage roll with potato wedges	Quorn dippers with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS 	Cheese and biscuit with fruit	Fruit and ice cream	Ginger biscuit	Lemon cake with custard	Fruity Friday
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 OR SANDWICH SELECTION	Jacket potato Cheese sandwich	Jacket potato Ham sandwich	Jacket potato Tuna Mayonnaise sandwich	Jacket potato Ham sandwich	Jacket potato Cheese sandwich



MENU



Quench your thirst with
free fresh drinking water
available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE