


**NUTRITIONIST
APPROVED** ✓

WEEK 2	MONDAY <small>MEAT FREE</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pizza of the Day Margarita Pizza with Jacket Wedges	Beef Lasagne with Garlic Bread 	Roast Pork & Apple Sauce with Gravy and Creamy Mashed Potato	Sweet and Sour Chicken with Brown Rice <small>5 A DAY</small>	Fish of the day Salmon Fishcakes with Chips
ACCOMPANIMENTS	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS	Marble Sponge Cake & Custard	Homemade Carrot Cake	Apple Flapjack <small>5 A DAY</small>	Fruit crumble and custard <small>5 A DAY</small>	Oaty Biscuits
FRESH FRUIT & YOGHURT	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
JACKET POTATO & SANDWICH SELECTION	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



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



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE