




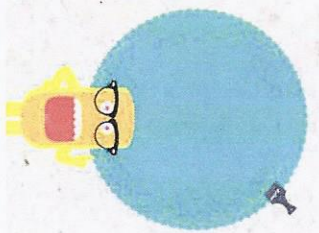




WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Chicken enchiladas with rice	Salmon and broccoli pasta bake 	Roast beef with Yorkshire pudding, gravy and mashed potato	Sweet and sour pork with rice	Fish of the day with chips
VEGETARIAN MAIN DISH	Roasted vegetable and bean wraps with rice 	Vegetable moussaka 	Quorn roast, Yorkshire pudding, gravy and mashed potato	Macaroni cheese	Vegetarian sausage with onion gravy and mash potato
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Mash potato Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Chips or mash potato Seasonal vegetables Salad bar
DESSERTS	Chocolate and banana slice	Carrot and orange muffins	Apple berry fool 	Fruit crumble and custard	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!



-10% OF YOUR 5 A DAY

-HEALTHY OPTION