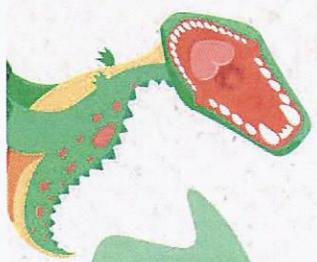




WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausage pasta bake	Chicken and leek pie with mashed potato 5 A DAY	Roast pork with gravy, apple sauce and roast potatoes	Chicken tikka masala with brown rice	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable stir fry with noodles 5 A DAY	Sweet potato and vegetable hot pot 5 A DAY	Cauliflower and broccoli bake with roast potatoes 5 A DAY	Spicy vegetable and bean pittas with brown rice 	BBQ bean burger with chips
ACCOMPANIMENT 5 A DAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Plum yoghurt cake	Courgette and apple muffin 5 A DAY	Bananas and custard	Fruit in jelly	Shortbread biscuits and mandarins
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



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION