

**NUTRITIONIST APPROVED** ✓

5  
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT DISH</b>	Lasagne served with Garlic Bread	Sausage & Bean Pie served with Mash Potatoes	Roast Chicken with gravy and roast potatoes	Beef Cobbler served with Mash Potatoes	Fish of the Day served with chips & Ketchup
<b>VEGETARIAN DISH</b>	Homemade Pizza Baguette	Vegetarian Bolognese served with Garlic Bread	Veggie Mince with gravy and roast potatoes	Cheese & Onion Pasty served with Mash Potatoes	Nuggets served with chips & Ketchup
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>JACKET POTATOS AND SANDWICH SELECTION</b>	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
<b>DESSERTS</b>	Strawberry Whip	Jelly & Fruit	Flapjack served With Fruit	Marble sponge served with custard	Chocolate Shortbread
<b>FRESH FRUIT AND YOGURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt



# MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION