

Menu will be running – w/c May 9<sup>th</sup>, June 6<sup>th</sup>, 27<sup>th</sup>, July 18<sup>th</sup>,  
Sept 19<sup>th</sup>, Oct 10<sup>th</sup>

5  
A DAY



NUTRITIONIST  
APPROVED ✓

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Cheesy pinwheel and wedges 	Burger in a bun with wedges	Roast chicken, potatoes and gravy	Pork meatballs and pasta	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Quorn wrap and wedges	Veggie burger in a bun with wedges 	Quorn fillet with potatoes and gravy	Quorn meatballs and pasta	Cheese and onion roll with chips
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Oat biscuit and fruit	Mango and chocolate muffin	Shirley biscuits 	Iced sponge 	Ice cream
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato with cheese or beans or both  Sandwich selection ham or cheese	Jacket potato with cheese or beans or both  Sandwich selection ham or cheese		Jacket potato with cheese or beans or both  Sandwich selection ham or cheese	Jacket potato with cheese or beans or both  Sandwich selection ham or cheese



# MENU



Quench your thirst with  
free fresh drinking water  
available daily

MEAT  
FREE

- MEAT FREE MONDAY

5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE