| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------|--|--|--|--|--|
| MAIN | Sausage & mash with rich gravy | Cheese & onion swirl | Roast chicken, roast potatoes, creamy mash & gravy | Spagetti bolognese & Garlic slice | Meat pizza served with chips |
| VEGATARIAN | Quorn sausage, Mash & gravy | Quorn, sweet potato, coconut curry sauce | Quorn fillet Roast dinner | Quorn spaghetti bolognese & Garlic slice | Cheese pizza served with chips |
| 5 A DAY | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal VEGETABLES Salad bar |
| DESSERT | cookies | Angel delight | Ice cream | flapjacks | Home bake |
| | FRESH FRUIT OR YOGURT | FRESH FRUIT OR YOGURT | FRESH FRUIT OR YOGURT | FRESH FRUIT OR YOGURT | FRESH FRUIT OR YOGURT |
| JACKET POTATO SANDWICH SELECTION | JACKET POTATO OR White or brown SANDWICH SELECTION | Sweet JACKET POTATO OR White or brown SANDWICH SELECTION | JACKET POTATO OR White or brown SANDWICH SELECTION | JACKET POTATO OR White or brown SANDWICH SELECTION | JACKET POTATO OR White or brown SANDWICH SELECTION |

Try something NEW today... Variety is key to a healthy diet.













