

**NUTRITIONIST
APPROVED** ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Meatballs with Pasta	Meat & Potato Pie	Roast Pork with Apple Sauce & Gravy	Chicken Chow Mein	Fish Salmon Fishcake Fishfingers
VEGETARIAN MAIN DISH	Tomato & Mascarpone Pasta	Cheese & Onion Quiche	Quorn Roast With Gravy	Quorn Lasagne	Quorn Dippers
ACCOMPANIMENTS	Seasonal vegetables Salad bar	New Potatoes Seasonal vegetables Salad bar	Roast Potatoes Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Chips Seasonal vegetables Salad bar
DESSERTS	Bananas & Custard	Rice Pudding	Flapjack with Custard	Jelly & Ice Cream	Chocolate Orange Brownie
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

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION