

NUTRITIONIST
APPROVED ✓

WEEK 2	MONDAY <small>MEAT FREE</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pizza of the Day Margarita Pizza with Jacket Wedges	Beef Lasagne with Garlic Bread 	Roast Pork & Apple Sauce with Gravy and Creamy Mashed Potato	Chicken Korma with Brown Rice	Fish of the day Salmon Fishcakes with Chips
ACCOMPANIMENTS	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERTS	Marble Sponge Cake & Custard	Homemade Carrot Cake	Apple Flapjack <small>5 A DAY</small>	Fruit crumble and custard <small>5 A DAY</small>	Oaty Biscuits
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	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings



MENU



Variety is the key to
a healthy diet. try
something new today!



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE