





**NUTRITIONIST
APPROVED** ✓

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Bolognaise with Wholemeal Pasta 	Chicken and Vegetable Pie with Mashed Potato	Roast Gammon with Yorkshire Puddings, Roast Potatoes and Gravy	Meatballs in Tomato Sauce with Spaghetti Pasta	Fish of the day Fish Fingers & Chips
ACCOMPANIMENTS 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERTS	Chocolate Sponge with Chocolate Custard	Sticky Toffee Muffin	Rice Pudding with Fruit Compote 	Fruit Crumble and Custard 	Lemon Drizzle Cake
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



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE