WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Spaghetti Bolognese	Roast gammon with new potatoes	Homemade meat & potato pie with mash potato	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Quorn™ tikka masala with 50/50 rice	Macaroni cheese	Quorn™ fillet with roast potatoes & gravy	Tomato & basil pasta	Vegan sausage & chunky chips
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Peas & baked beans Salad bar
DESSERTS	Chocolate sponge	Fruit flapjack	Lemon muffin	Chocolate brownie	Fresh fruit & whip
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
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	Jacket potato and sandwich selection



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















KEY 5 - 1 OF YOUR 5 A DAY MEAT - MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)