1 ITH NOV, 2ND DEC, 6TH JAN, 27TH JAN, 2HTH FEB, 17TH MAR

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Chicken korma with 50/50 rice	Chicken sausage with creamy mash potato & gravy	Homemade meat & potato pie with mash potato	'Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Macaroni cheese	BBQ Quorn™ with 50/50 rice	Vegan sausage & mash potato with gravy	Tomato & basil pasta	Quorn™ burger with chips
COMPANIMENTS	Peas & carrots \ Salad bar	Corn on the cob & broccoli Salad bar	Carrots & parsnips Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	Strawberry whip	Chocolate 8 banana slice	Sticky toffee muffins	Ginger cake & custard	Fruit in jelly
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh or Yoghurt
CKET POTATO AND NOWICH SELECTION	Jacket Potato Selection	Jacket Potato Selection	Jacket Potato Selection	Jacket Potato Selection	Jacket Potato Selection

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











- 1 OF YOUR 5 A DAY WEAT-FREE MONDAY



