| WEEK 2 | MERT | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main dish | Margherita pizza with baked potato wedges | Chicken tikka masala with 50/50 rice | Roast chicken with creamy mash potato 8 gravy | Italian pasta bolognese | Crispy fish fingers with chunky chips |
| Vegetarian Main dish | BBQ bean <br> (b) $\begin{aligned} & \text { E cheese } \\ & \text { wrap with }\end{aligned}$ 50/50 rice | Ouorn ${ }^{\text {TM }}$ lasagne with herby dough balls | Vegan sausage 8 mash potato with gravy | Vegetable Chow Mein | Cheese \& bean bake with chunky chips |
| Accompaniments $\text { ( } 5$ | Peas \& coleslaw …................... Salad bar | Carrots \& green beans Salad bar....................... | Broccoli 8 cauliflower Salad bar | Sweetcorn \& carrots …........................ Salad bar | Peas 8 baked beans Salad bar |
| Desserts | Lemon shortbread | Jam \& coconut sponge | Banana bread | Marble sponge \& custard | 5. $\begin{gathered}\text { Fresh fruit } \\ \text { 8 ice cream }\end{gathered}$ |
| Fresh fruit or yoghurt | $\underset{\text { fruit }}{\text { Fresh }}$ or Yoghurt | $\underset{\text { fruit }}{\text { Fresh }}$ or Yoghurt | $\underset{\text { Fresh }}{\text { Fruit }}$ or Yoghurt | $\underset{\text { fruit }}{\text { Fresh }}$ or Yoghurt | $\underset{\text { Fresh }}{\text { Fruit }}$ 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 |
| iry someiling New Iocay... Variety is key to a healthy diet. |  |  |  |  |  |

