WEEK 2	MENT MONDAY	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 & gravy	Italian pasta bolognese	Crispy fish fingers with chunky chips
Vegetarian Main dish	BBQ bean & cheese wrap with 50/50 rice	Quorn™ lasagne with herby dough balls	Vegan sausage & mash potato with gravy	Vegetable Chow Mein	Cheese & bean bake with chunky chips
Accompaniments 5	Peas & coleslaw Salad bar	Carrots & green beans Salad bar	Broccoli & cauliflower Salad bar	Sweetcorn & carrots Salad bar	Peas & baked beans Salad bar
Desserts	Lemon shortbread	Jam & coconut sponge	Banana bread	Marble sponge & custard	Fresh fruit 8 ice cream
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.



















