WEEK1	MENT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita Pizza	Southern Fried Chicken Burger	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognaise	Fish of the day served with Fries
VEGETARIAN MAIN DISH	Quorn Meatballs & Spaghetti	Cheese and Tomato Pasta Bake	Quorn Fillet with Roast Potatoes & Gravy	Tuna & Cheese Panini	Southern Fried Quorn Burger served with Fries
ACCOMANIMENTS 5	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERTS	Chocolate Shortbread	Coconut and Jam Sponge	Jam Oat Biscuits	Shortbread	Ice Cream
FRESH FRUIT & YOGHURTS	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato or Sandwich	Jacket Potato or Sandwich	Jacket Potato or Sandwich	Jacket Potato or Sandwich	Jacket Potato or Sandwich



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













