| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|---|
| MEAT MAIN DISH | Chicken Curry with Steamed Rice | Salmon & Broccoli Pasta Bake | Roast Turkey Gravy & Roast Potatoes | Sweet & Sour Chicken with Steamed Rice | Fish of the Day & Chunky Chips |
| VEGETARIAN MAIN DISH | Pizza of the Day with Wedges | Cheese & Sweet Potato Pie with Creamy Mash Potato | Halal Roast Turkey Gravy & Roast Potatoes | Vegetarian Chilli & Steamed Rice | Vegetarian Sausage Onion Gravy & Chunky Chips |
| ACCOMPANIMENTS | Seasonal Vegetables & Salad Bar | Seasonal Vegetables & Salad Bar | Seasonal Vegetables & Salad Bar | Seasonal Vegetables & Salad Bar | Garden Peas Baked Beans & Salad Bar |
| DESSERTS | Marble Sponge & Custard | Lemon Drizzle Cake | Fruit & Ice Cream | Fruit Crumble & Custard | Lemon Cookie |
| FRESH FRUIT & YOGHURT | Fresh Fruit & Yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket Potato Choice of Fillings & Sandwich Selection |







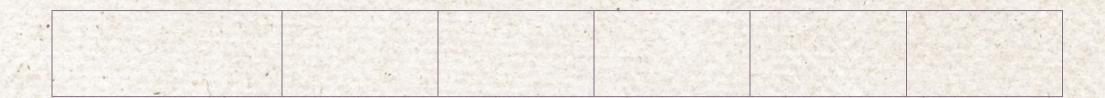
Variety is the key to a healthy diet, try something new today!



-10F YOUR 5 A DAY



- HEALTHY OPTION



5 ADAY





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HEALTHY OPTION