WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Chicken tikka masala served with rice	Roast gammon with new potatoes	BBQ chicken with baked potato wedges	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Cheese pinwheels with half a jacket potato	Macaroni cheese	Quorn™ & bean stew with new potatoes	Vegetarian pasta bake	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Peas & sweetcorn Salad bar
DESSERTS	Rice pudding with fruit compote	Marble sponge & custard	Oaty biscuit with fresh fruit	Chocolate brownie	Fruit in jelly
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



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE



