WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian bolognese	Beef burger with baked potato wedges	Roast gammon with creamy mash potato & gravy	Chicken 8 tomato pasta bake	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetable stir fry with chicken style pieces and 50/50 rice	Marinated Quorn™ pitta with baked potato wedges	Vegan sausage & mash potato with gravy	Cheese pinwheels served with half a crispy jacket	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Peas & baked beans Salad bar
DESSERTS	Chocolate brownie	Oaty biscuit with fresh fruit	Chocolate crunch	Sticky toffee pudding with custard	Fresh fruit & whip
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 FEE - MEAT-FREE MONDAY - CHEF'S CHOICE



