WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MAIN DISH</u>	Cheese pinwheels with diced potatoes	All day breakfast	Roast Turkey/Quorn Fillet Roast and Mash Potatoes with Gravy	Pepperoni Or Margherita Pizza	Fish cake served with chips
<u>PASTA KING</u>	Macaroni cheese	Veg Bolognese	Pomodoro	Chicken/Quorn Balti	Quorn™ nuggets with chunky chips
SIDES 5	Peas & carrots Salad bar	Baked beans & broccoli Salad bar	Green beans & cauliflower Salad bar	Roasted vegetables Salad bar	Peas & sweetcorn Salad bar
<u>DESSERT</u>	Fruit in jelly	Jam & coconut sponge	Chocolate brownie	Blueberry & banana muffin	Oaty biscuit with fresh fruit
FRUIT AND YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt



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



