WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni Cheese	BBQ Chicken with Rice	Roast Turkey Dinner	Meatballs and Pasta in Tomato Sauce	Chicken Burger & Chips
VEGETARIAN DISH	Tomato and Basil Pasta	BBQ Quorn Chicken	Quorn Fillet Roast Dinner	Quorn Balls in Tomato Pasta	Quorn Burger & Chips
SIDE DISH	Peas Salad Bar	Sweetcorn Salad Bar	Mash Potatoes Broccoli Salad Bar	Carrots/Peas Salad Bar	Chunky chips Beans Sweetcorn
DESSERT	Cookie	Old School Cake	Flapjack	Carrot Cake	lce-Cream
OTHER DESSERT OPTION	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghur	t Fresh Fruit or Yoghur	t Fresh Fruit or Yoghurt F	resh Fruit or Yoghurt
Jacket potato and sandwich selection	Sandwich Selection or Jacket Potato	Sandwich Selection or Jacket Potato	Sandwich Selection of Jacket Potato	r Sandwich Selection or S Jacket Potato	Sandwich Selection or Jacket Potato



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









-10F YOUR 5 A DAY







- PLANT-BASED (VEGAN)