	WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAIN DISH	Vegetarian bolognese	Chicken tikka masala with 50/50 rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Pork sausage with creamy mash potato & gravy	Crispy battered fish & chunky chips
	VEGETARIAN MAIN DISH	Vegan sausage & mash potato with gravy	Vegetarian meatballs with pasta	Quorn™ 8 bean stew with new potatoes	Vegetarian chilli with 50/50 rice	Vegetarian burger with chunky chips
	ACCOMPANIMENTS 5	Peas & broccoli Salad bar	Green beans & sweetcorn Salad bar	Carrots & cauliflower Salad bar	Roasted vegetables Salad bar	Peas & baked beans Salad bar
	DESSERTS	Sticky toffee pudding with custard	Fruit flapjack	Zesty lemon muffin	Apple pie with custard	Fruit in jelly
Mary South William	FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
The second second	JACKET POTATO AND SANDWICH SELECTION	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato 8 beans, cheese or tuna mayo OR cheese or ham sandwich



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















KEY 5 - 10F YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)