



NUTRITIONIST APPROVED ✓

5
ADAY



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Toad in the hole	Pizza of the day	Roast gammon and pineapple	Chicken fillet burger	Salmon fishcake
VEGETARIAN MAIN DISH	Vegetable shepherd's pie	Mediterranean vegetable casserole	Quorn roast	Macaroni cheese	Loaded potato skins
ACCOMPANIMENTS 	Creamy mash potatoes Garden peas Carrot batons Salad bar	Potato wedges Sweetcorn Baked beans Salad bar	Roast potatoes Sliced carrots Green cabbage Salad bar	Half a jacket potato Broccoli Cauliflower Salad bar	Chunky chips Mushy Peas Baked beans Salad bar
DESSERTS	Fruit crumble and custard	Shortbread and mandarins	Strawberry angel delight	Blueberry and banana muffin	Fruit and jelly
FRESH FRUIT & YOGHURT 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATOES	Oven Baked Jacket potatoes with various fillings	Oven Baked Jacket potatoes with various fillings	Oven Baked Jacket potatoes with various fillings	Oven Baked Jacket potatoes with various fillings	Oven Baked Jacket potatoes with various fillings



MENU



Quench your thirst with free fresh drinking water available daily

5
ADAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION