Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta & Meatballs with tomato Sauce & garlic bread	TRY IT TUESDAY	Roast pork with roast potatoes & gravy	Hotdog & potato wedged	Crispy Fish fingers & chips
Vegetarian Main Dish	Pasta & Quorn meatballs with tomato Sauce & garlic bread	TRY IT TUESDAY	Quorn fillet With roast potatoes & Gravy	Vegetarian Hot dog & wedges	Vegetarian burger & chips
Accompaniments 5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Dessert	Pudding of the day	Pudding of the day	Pudding of the day	Pudding of the day	Ice Cream
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 & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling

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













