WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Meatballs in tomato sauce served with wholemeal pasta	Roast turkey with Yorkshire pudding, roast potatoes & gravy	Spaghetti Bolognese	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Veggie sausage hotdog with baked wedges	Vegetarian meatballs with pasta	Quorn™ fillet with roast potatoes & gravy	Vegetarian cottage pie	Vegetarian burger with chunky chips
ACCOMPANIMENTS 5	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
DESSERTS	Lemon shortbread	Marble sponge & custard	Fruit in jelly	Chocolate muffin	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit or Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt
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 & 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 B-PLANT-BASED (VEGAN)