| WEEK 1 | $\substack{\text { MEAT } \\ \text { fres }}$ M MONDAY | TUESDAY | NEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main dish | $\begin{aligned} & \text { Vegetarian } \\ & \text { korma with } \\ & 50 / 50 \text { rice } \end{aligned}$ | Pork sausage with creamy mash potato \& gravy | Roast beef with Yorkshire puddings, roast potatoes \& gravy | Spanish chicken in a tomato sauce with 50/50 rice | Crispy fish fingers with chunky chips |
| Vegetarian Main dish | Vegetarian cottage pie | Quorn ${ }^{\text {TM }}$ enchiladas with diced potatoes | Quorn ${ }^{\text {TM }}$ fillet <br> Pb with roast potatoes \& gravy | Tomato \& roasted vegetable pasta | Crispy vegetable fingers with chunky chips |
| Accompaniments | Cauliflower \& broccoli $\ldots \ldots \ldots$ Salad bar | Peas \& carrots $\ldots \ldots \ldots$ Salad bar | Green beans \& cabbage $\ldots . . . . . .$. Salad bar |  | Peas $\delta$ baked beans Salad bar |
| Desserts | Chocolate \& orange cookie | $5 \begin{gathered}\text { Apple } \\ \text { crumble \& } \\ \text { custard }\end{gathered}$ | (1b) Flapjack | Carrot cake | 5 Chocolate \& pear sponge with custard |
| 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 and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |

## GROW <br> EAT <br> WELL



1 OF YOUR 5 A DAY (24. MEAT FREE MONDAY CHEFS CHOICE (18.) PLANT-BASED (VEGAN)


