WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish or vegetarian	Margherita pizza with baked potato wedges	Lasagne or Veg Lasagne With Garlic Slice	Sausage or Veg Sausage Mash and Gravy	Pasta or Veg Bolognese	Crispy battered fish & chunky chips
Pasta	Vegetarian meatballs with pasta	Basilico Pasta	Chinese Veg Curry	Sweet Chilli Chicken Or Quorn Pasta	Quorn™ burger with chips
Accompaniments 5	Peas & carrots Salad bar	Corn on the cob & broccoli Salad bar	Carrots & parsnips Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
Desserts	Raspberry buns	Chocolate & banana slice	Zesty lemon muffin	Ginger cake & custard	Fresh fruit & whip
Fresh Fruit Or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt



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)