WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish or vegetarian	Cheese pinwheels with diced potatoes	All day breakfast	Roast Turkey or Quorn Fillet Roast and Mash Potatoes with Gravy	Pepperoni Or Margherita Pizza	Fish cake served with chips
Pasta King	Macaroni cheese	Veg Bolognese	Pomodoro	Chicken/Quorn Balti	Quorn™ nuggets with chunky chips
Accompaniments 5	Peas & carrots Salad bar	Baked beans & broccoli Salad bar	Green beans & cauliflower Salad bar	Roasted vegetables Salad bar	Peas & sweetcorn Salad bar
Desserts	Fruit in jelly	Jam & coconut sponge	Chocolate brownie	Blueberry & banana muffin	Oaty biscuit with fresh fruit
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 SELECTION					



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE



