

EAT SMART FOR A HEALTHY START! WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Veg pie	Mince and dumpling	Roast pork and stuffing	Mince pie	Fish fingers
Option 2 (ve)	Quorn spaghetti bolognaise	Pizza	Pasta bake	Quorn chicken burger	Quorn chicken curry and rice
Sides	Mixed vegetables Cauliflower Creamed potatoes Boiled potatoes	Sweetcorn Green beans Wedges Boiled potatoes	Carrots Broccoli Oven roasts Creamed potatoes	Sweetcorn Peas Creamed potatoes Boiled potatoes	Beans Mixed vegetables Chips Wedges
Dessert	Rice pudding Jelly Yogurt Fresh fruit	Marble sponge Cheese and crackers Jelly Fresh fruit	Ice cream Jelly Yogurt Fresh fruit	Jam roly poly Jelly Cheese and crackers Fresh fruit	Lemon sponge Jelly Fresh fruit Yogurt



ALSO AVAILABLE DAILY:

- Pasta king bar
- Salad bar
- Sandwiches / subs / wraps
- Jacket potato with filling (where applicable)
- Cheese & crackers
- Bread
- Drinking water