

EAT SMART FOR A HEALTHY START! WEEK 2 MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|--|---|---|
| Option 1 | Spaghetti bolognaise | Roast chicken and stuffing | Toad in the hole | Chicken curry and rice | Fish (battered) |
| Option 2 (ve) | Cheese pasty | Vegetarian lasagne | Pasta bake | Cheese wraps | Quorn southern fried chicken burger |
| Sides | Sweetcorn Peas Creamed potatoes Boiled potatoes | Mixed vegetables Brocolli Oven roasts Boiled potatoes | Sweetcorn Peas Creamed potatoes Wedges | Mixed vegetables Brocolli Boiled potatoes Creamed potatoes | Beans Sweetcorn Chips Creamed potatoes |
| Dessert | Flap jack Jelly Fresh fruit Yogurt | Homemade biscuits Jelly Yogurt Fresh fruit | Vanilla sponge Jelly Yogurt Fresh fruit | Fruit crumble Jelly Yogurt Fresh fruit | Fruit smoothies Jelly Yogurt Fresh fruit |



ALSO AVAILABLE DAILY:

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