







MENU

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|---|
| Main Meal (meat option) | Cheese & ham pizza with potato wedges | Spaghetti Bolognese with garlic bread | Roast chicken with roast potatoes, Yorkshire pudding and gravy | Pork sausage with creamy mashed potato and gravy | Crispy fish and chunky chips |
| Main Meal (vegetarian)   | Cheese & tomato pizza with potato wedges | Vegetarian Bolognese with garlic bread | Quorn fillet with roast potatoes, Yorkshire pudding and gravy | Vegetarian sausage with creamy mashed potato and gravy | BBQ bean wrap with chunky chips |
| Jacket potato / sandwich option | 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 |
| Dessert selection | Lemon biscuit | Winter berry crumble & custard | Muffin | Jam sponge & custard | Chocolate brownie |
| Fresh fruit / Yoghurt   | Fresh fruit Yoghurt | Fresh fruit Yoghurt | Fresh fruit Yoghurt | Fresh fruit Yoghurt | Fresh fruit Yoghurt |

 - 1 of your 5 a day

 - healthy option