



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Primary HOT MEAL	Beef Burger in a bun with Jacket Wedges Vegetarian: Quorn Burger	Chicken Curry with Rice and Naan Bread	Chef's pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Pudding Vegetarian: Quorn fillet	Fish Fingers with Chunky Chips Vegetarian: Quorn Nuggets
Accompaniments 	Baked Beans	Garden Peas	Sweetcorn	Steamed Vegetables	Baked Beans
Sandwich option	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich
Primary Jacket Potato Fillings	Cheese Or Tuna Mayo	Baked Beans, Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Baked Beans, Cheese Or Tuna Mayo
Dessert Choice	Ice Cream or Piece of Fruit	Chocolate Crunch or Yoghurt	Cookie or Piece of Fruit	Crunchy Flapjack or Yoghurt	Fruity Jelly or Piece of Fruit
Drinks	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water



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