	WEEK 2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The second second	MAIN DISH	Margherita pizza with baked potato wedges	Traditional cottage pie	Roast chicken with mash potato & gravy	Mexican chilli with 50/50 rice	Crispy battered fish & chunky chips
	VEGETARIAN MAIN DISH	Chickpea & vegetable curry with 50/50 rice	Creamy butternut squash pasta	Vegetable cobbler with mash potato	Vegetarian meatballs with pasta	Cheese & bean bake with chunky chips
A CONTRACTOR	ACCOMPANIMENTS  5 ADAM	Corn on the cob & broccoli Salad bar	Peas & cauliflower Salad bar	Carrots & parsnips Salad bar	Roasted vegetables Salad bar	Peas & baked beans Salad bar
	DESSERTS	Bananas & custard	Ginger biscuit	Chocolate & orange muffins	Fruit sponge & custard	Chocolate brownie
	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 AND SANDWICH SELECTION	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



Try something NEW today... Variety is key to a healthy diet.















KEY 5 - 10F YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)