

-WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Chicken Tikka Served on a bed of rice with a naan	Sausage and Mash	Ham and Pineapple Or Cheese Pizza	Roast Gammon With Crispy Roast Potatoes	FISH AND
MAIN DISH	Tomato and basil Pasta bake served with garlic slice	Vegetarian Spag Bol	BBQ Chicken Wraps Served with Wedges	Selection of Hot Panini	CHIP
ACCOMPANIMENTS	Garden peas Sweetcorn Salad bar	Baton carrots Baked beans Salad bar	Garden salad Garden peas	Broccoli and cauliflower florets Baked beans	SHOP
DESSERTS	Apple Sponge And Custard	Flapjack	Fruit muffin	Chocolate Brownie	Dessert of the day
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 & SANDWICH NUTRITIONIST APPROVED ✓	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

5 A DAY