



5 - 1 OF YOUR 5 A DAY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Chicken tikka masala Served with basmati rice and naan Bread	Traditional toad in the hole served with creamy mash	Roast chicken, sage and onion stuffing and gravy served with creamy mash potato	Homemade mince beef and onion pie served with creamy mash	Mini Southern fried chicken fillets served with chunky chips
Vegetarian Main Dish	Vegetarian Pasta bake with garlic and salad	Quorn meatballs served in a zingy tomato sauce with wholemeal pasta	Vegetarian toad in the hole served with creamy mash Potato	Quorn chilli con carne Served with rice or baked sweet poato And salad	Quorn nuggets Served with chunky chips
Accompaniments 5	Steamed broccoli Carrots Salad bar	Green beans Roasted courgettes Salad bar	Roasted parsnips Sautéed leeks Salad bar	Crisp mixed salad Garden peas Salad bar	Crushed minted peas Corn on the cob Salad bar
Street Food	Cheese and ham Panini	Chicken burrito Chicken korma Served with rice and naan bread	Zingy burger served fresh roll and salad Butter chicken curry served with rice and naan bread	Assorted freshly baked Panini's Butter chicken curry served with rice and naan bread	Southern fried chicken wrap served with salad and choice of sauce
Italian Daily Special	Spicy sausage pasta Cheese tomato pizza	Roasted vegetable pizza	Pomodoro pasta Fajita chicken pizza	Classic Margherita pizza	Italian chicken pasta
Dessert	Sticky toffee pudding and custard	Selection of homemade tray bakes and cookies	Oaty fruit crunch	Selection of homemade tray bakes and cookies	Chocolate and orange cake

FOR HEALTHY MEALS ON THE GO