WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn™ & tomato bake with mash potatoes	Homemade lasagne with herb dough balls	Roast chicken with creamy mash potato & gravy	Margherita pizza with baked potato wedges	Crispy battered fish & chunky chips
MAIN DISH (HALAL)	Quorn™ & tomato bake with mash potatoes	Homemade lasagne with herb dough balls	Roast chicken with creamy mash potato & gravy	Margherita pizza with baked potato wedges	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Chickpea & vegetable curry with 50/50 rice	Cheese pinwheels with diced potatoes	Quorn™ fillet with roast potatoes & gravy	Chinese stir fry with chicken style pieces & noodles	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5	Peas & broccoli Salad bar	Roasted vegetables Salad bar	Green beans & cabbage Salad bar	Corn on the cob & carrots Salad bar	Peas & baked beans Salad bar
DESSERTS	Fruit sponge & custard	Lemon cake	Coconut & cherry flapjack	Apple & oat cookie	Chocolate brownie
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit <i>or</i> 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







KEY 5 - 1 OF YOUR 5 A DAY - MEAT-FREE MONDAY - CHEF'S CHOICE



