



5 - 1 OF YOUR 5 A DAY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat main dish	Spaghetti Bolognese	Beef Curry	Roast Dinner	Hotpot	Fish & Chips
Vegetarian Main Dish	Vegetarian Bake	Vegetarian Stir-fry	Vegetarian Roast	Vegetarian Curry	Vegetarian Meatball Subs
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Accompaniments	Choice of vegetables Salad bar				
Dessert	Dessert of the day fresh fruit or yoghurt				

TRY OUR STREET FOOD GRAB AND GO FOR HEALTHY MEALS ON THE GO