

NUTRITIONIST APPROVED ✓

5
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH HALAH	Pizza served with herby potatoes	Chicken wrap served with savoury rice	Roast chicken served with roast potatoes	Fish of the day served with chips & ketchup	Cajun chicken fillet served with pasta
MEAT MAIN DISH	Pizza served with herby potatoes	Chicken wrap served with savoury rice	Roast chicken served with roast potatoes	Fish of the day served with chips & ketchup	Cajun chicken fillet served with pasta
VEGETARIAN DISH	Pizza served with herby potatoes	Vegetable wrap served with savoury rice	Vegetable pasta bake served with crusty bread	Cheese flan served with chips & ketchup	Quorn piri burger served with pasta
JACKET POTATOES	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese
SANDWICH SELECTION	Selection of fillings	Selection of fillings	Selection of fillings	Selection of fillings	Selection of fillings
ACCOMPIMENTS	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread
DESSERTS	Marble sponge & custard Fresh fruit Yogurt	Lemon drizzle cake Fresh fruit Yogurt	Fruit pie & custard Fresh fruit Yogurt	Oaty biscuit Fresh fruit Yogurt	Ginger biscuits with Fresh fruit Fresh fruit Yogurt



MENU



Variety is the key to a healthy diet. try something new today!

5
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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION