|   |                           |  |   | WASHING TO SE                                  | BERTHAR                                  |  |
|---|---------------------------|--|---|--|--|--|
|   | WEEK 2                    | MONDAY                                       | TUESDAY                                       | WEDNESDAY                                      | THURSDAY                                 | FRIDAY                                   |
|   | MAIN DISH                 | Chicken sausage hotdog<br>(Halal available)  | Beef spaghetti bolognaise<br>Garlic bread     | Roast pork with roast potatoes and apple sauce | Chicken chow mein<br>(Halal available)   | Crispy battered fish and chips           |
|   | VEGETARIAN<br>MAIN DISH   | Margharita pizza with<br>baked potato wedges | Quorn spaghetti<br>bolognaise<br>Garlic bread | Vegetarian hotpot                              | Vegetable chow mein                      | Vegetable burger and<br>chips            |
| A | ACCOMPANIMENTS  5         | Sweetcorn                                    | Green beans                                   | Carrots  | Broccoli                                 | Peas                                     |
|   | DESSERTS                  | Chocolate sponge                             | Fruit in jelly                                | Ginger biscuit                                 | Fruit sponge and custard                 | Flapjack                                 |
|   | FRESH FRUIT<br>OR YOGHURT | Fresh<br>fruit or Yoghurt                    | Fresh<br>fruit or Yoghurt                     | Fresh<br>fruit or Yoghurt                      | Fresh<br>fruit or Yoghurt                | Fresh<br>fruit or Yoghurt                |
|   | JACKET POTATO AND SALAD   | Jacket potato & todays choice of filling     | Jacket potato & todays choice of filling      | Jacket potato & todays choice of filling       | Jacket potato & todays choice of filling | Jacket potato 8 todays choice of filling |

Variety is key to a healthy diet.















