WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef chilli Rice With Chapatti	Chicken Curry With Rice & Wrap	Roast Cajun Chicken with Roast Potatoes Yorkshire Pudding	Chicken Pizza With Potato Wedges	Battered Fish with Chips
VEGETARIAN MAIN DISH	Macaroni Cheese Garlic Bread	Quorn & Vegetable Lasagne with Garlic Slice 5 A DAY	Quorn Sausage in Gravy with Roast Potatoes Yorkshire Pudding	Margarita Pizza With Potato Wedges	Quorn Dippers with Chips
ACCOMPANIMENTS 5 A DAY	Sweetcorn	Carrots	Peas	Baked Beans	Baked Beans
DESSERTS	Chocolate cake with Chocolate Sauce	Cornflake Tart Custard	Shortbread Biscuit 5 A DAY	Marble Sponge	Ice cream
FRESH FRUIT & YOGHURT	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato With Cheese & Beans	Jacket Potato With Cheese & Beans	Jacket Potato With Cheese & Beans	Jacket Potato With Cheese & Beans	Jacket Potato With Cheese & Beans

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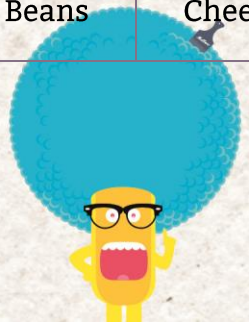
MENU



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

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION

Mellors

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