



**WEEK 2**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN  
EVENT**

**MEAT FREE  
MONDAY**

**BEEF ,VEGETABLE  
STEW  
WITH  
POTAOES**

**BREADED  
CHICKEN BURGER  
WITH  
TOMATO SAUCE**

**PASTA BAR  
WITH A TOPPING OF  
CREAMY  
CARBONARA WITH  
BACON  
OR  
TUNA MAYO**

**BREADED  
FISH  
WITH  
LEMON MAYO**

**MEAT FREE  
ZONE**

**QUORN SAUSAGES**

**AND 3 BEAN  
CASSEROLE  
IN A RICH**

**VEGETABLE  
AND  
TOMATO SAUCE**

**VEGETABLE AND BEAN  
STEW  
WITH  
POTAOES**

**QUORN BURGER  
WITH  
TOMATO  
SAUCE**

**TOMATO  
AND  
BASIL  
SAUCE  
OR  
GRATED CHEESE**

**VEGETABLE  
SPRING  
ROLL**

**AND TO GO  
WITH**

**MASHED  
POTATOES**

**WHOLE MEAL  
BREAD  
ROLL**

**SEEDLESS  
BURGER BUN**

**GARLIC BREAD**

**CRUSH ED PEAS  
WITH A  
BALSAMIC  
VINEGAR  
DRESSING**

**CRUNCHY  
MIXED LEAF SALAD  
WITH  
GRATED  
CARROT**

**OVEN  
BAKED  
CHIPS**

**DESSERT**

**BANANA  
SPONGE**

**FRUITS OF THE  
FOREST &  
YOGHURT**

**CARROT  
CAKE**

**CHOCOLATE AND FRUIT  
RICE KRISPIE  
CAKE**

**PANCAKE  
MANGO AND  
PINEAPPLE  
SALAD**

