

# THINK 5 A DAY / VEGETABLES AND FRUITS

## Main course of the day with hot pudding/fruit/yoghurt

### £2.20

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Maincourse	chicken ratatouille	Beef goulash	Chicken & lentil curry Salmon fillet with crumb topping	sausages	Fish
Maincourse Vegetarian	Vegetarian cakes	Vegetarian pitta pocket	Stuffed Mushrooms	Vegetables baked	Cheese and tomato Pizza with mushrooms
Rice-Pasta-Potato	pasta	Roast potatoes	Rice	Mashed potato with spring onion	chips
Vegetables	green beans	carrots Broccoli	Oven roasted vegetables	cabbage	Baked beans
Accompaniments	salad free	salad free	salad free	salad free	salad free
Pasta Bar	Pasta & cheese	Tuscan Bean Sauce	Pomodora sauce	Pasta & cheese	pasta
	pasta & tuna	Pasta & cheese	Pasta & cheese	pasta & tuna	Pasta & cheese
	pasta	pasta & tuna	pasta & tuna	Pasta & Beans	pasta & tuna
	Bolognaise sauce	Pasta & Beans	Pasta & Beans	pasta	Pasta & Beans
	Pasta & Beans	pasta	pasta	Arrabatti	Amatricai
Jacket potatoes bar	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna
	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese
	jacket potato & beans	jacket potato & beans	jacket potato & beans	jacket potato & beans	jacket potato & beans
Sweet	Rice Pudding	Fruit fool	Bread & butter pudding	Apricot sponge	jam tart
	ambrosia rice pudding	ambrosia rice pudding	ambrosia rice pudding	custard	custard
	yogurts	yogurts	yogurts	ambrosia rice pudding	ambrosia rice pudding
	Fresh fruit	Fresh fruit	Fresh fruit	yogurts Fresh fruit	yogurts Fresh fruit

# WE ARE NEW LINE LEARNING ACADEMY