



123 choice! Create your Meal Deal



Starts 19th April

A healthy food choice for the future



For further information on Cordia's 'Eat Well To Live Well' initiative please contact:

Helena Hailstone
Blair Court, 100 Borron Street, Glasgow G4 9XE
Tel: 0141 353 9000
direct@cordia.co.uk

For further tips and information on healthy eating visit:

www.cordia.co.uk
www.coolfuelkids.co.uk



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
homemade soup	Lentil Soup & Selection of Bread	Yellow Pea Soup & Selection of Bread	Green Pea Soup & Selection of Bread	Minestrone Soup & Selection of Bread	Scotch Broth Soup & Selection of Bread
choice	Chicken Curry, Boiled Rice, Tomato & Onion Salad	Belmont Pie Boiled Potatoes Turnip	Low Fat Pork Sausage in Gravy Mashed Potatoes Cabbage	Spaghetti Bolognese Garlic & Herb Bread Green Beans	Breaded Fish Baby Jacket Potatoes Garden Peas
choice vegetarian	Pizza Potato Wedges Peas & Sweetcorn	Vegetable Lasagne Garlic & Herb Bread Broccoli	Macaroni Cheese Baby Jacket Potatoes Carrot	Baked Potato Cheese & Coleslaw Side Salad	Baked Beans & Toast Beetroot
choice	Tuna Sandwich Side Salad	Cheese Toastie Side Salad	Turkey Sandwich Side Salad	Chicken Burger Mayonnaise Sachet Sweetcorn	Chicken Sandwich Side Salad
dessert	Frozen Yoghurt & Selection of Fruit	Jelly & Selection of Fruit	Jelly & Selection of Fruit	Yoghurt & Selection of Fruit	Jelly & Selection of Fruit
drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
homemade soup	Vegetable Broth & Selection of Bread	Lentil Soup & Selection of Bread	Yellow Pea Soup & Selection of Bread	Carrot & Citrus Soup & Selection of Bread	Green Pea Soup & Selection of Bread
choice	Beef Burger in Bun Potato Wedges Sweetcorn	Chicken Curry, Boiled Rice, Tomato & Onion Salad	Savoury Mince Mashed Potatoes Cabbage	Lasagne Garlic & Herb Bread Broccoli	Fish Fingers Oven Chips or Baby Jacket Potatoes Garden Peas
choice vegetarian	Macaroni Cheese Baby Jacket Potatoes Green Beans	Baked Beans & Toast Beetroot	Pizza Potato Wedges Peas & Sweetcorn	Baked Potato Cheese & Coleslaw Side Salad	Vegetable Curry Boiled Rice Tomato & Onion Salad
choice	Chicken Sandwich Side Salad	Cheese Sandwich Side Salad	Tuna Sandwich Side Salad	Hot Dog Tomato Sauce Sachet Onions	Turkey Sandwich Side Salad
dessert	Frozen Yoghurt & Selection of Fruit	Jelly & Selection of Fruit	Jelly & Selection of Fruit	Yoghurt & Selection of Fruit	Jelly & Selection of Fruit
drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water

