

MEAT FREE

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- MEAT FREE MONDAY

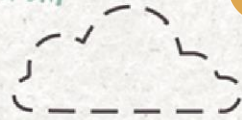
5 A DAY

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- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



BE A HIGH-FLYER.
A HEALTHY SCHOOL LUNCH SUPPORTS YOUR LEARNING



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Beef Shepherd's pie topped with mash potato	Baked turkey meatballs with garlic and herb potatoes	Apple glazed roast pork, "roasties" and gravy	Chicken Singapore noodles	Crispy battered fish with Fries
Vegetarian Main Dish	Chinese vegetable and bean noodles	Quorn™ and vegetable lasagne with crusty garlic and herb bread	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Smokey BBQ vegetable and bean Wrap with crisp salad	Veggie Burger with Fries
Accompaniments 	Garden peas And sweetcorn	Broccoli and cauliflower	Carrots & broccoli	Green beans And carrots	Mushy peas Beans
Street Food	Margherita pizza	Slow roasted pulled pork Bap with red slaw	Cheese and bacon oatcakes	BLT bagel	Roasted Vegetable Calzone
Pasta Daily Special	Chicken Torino Or Basilico	Meatballs in tomato s Or Pomodoro	Pasta Arrabiata Or Carbonara	Bolognese Or Tomato & mascarpone	BBQ sausage Or Vegetarian bolognaise
Dessert	Chocolate and orange cake 	Chocolate marble cake with custard	Chocolate and pear upside down cake 	Fruit Crumble 	Selection of home bakes



MENU