

MEAT FREE

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- MEAT FREE MONDAY

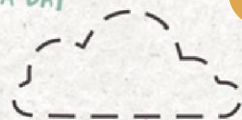
5 A DAY

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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
Halal meat main dish	(H) Chicken sausage with red onion gravy	Cajun chicken roll	Chicken biryani	Fish and Chips
Vegetarian main dish	Vegetable sausage with red onion gravy	Spicy vegetable bean quesadillas	Vegetable bolognese pasta bake	Southern fried quorn burger
Accompaniments	Mash potato Seasonal vegetables Salad bar	½ jacket/ rice Seasonal vegetables Salad bar	Naan bread Cucumber raita Salad bar	Chips Seasonal vegetables Salad bar
Halal street food	Turkey meatball sub	Pizza of the day	Chicken shawarma	Pizza of the day
Daily	Jacket potatoes & various fillings	Jacket potatoes & various fillings	Jacket potatoes & various fillings	Jacket potatoes & various fillings
Dessert	Chocolate orange cake	Fruit sponge & custard	Pineapple upside down cake	Lemon drizzle cake




MENU



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Week 2	Monday	Tuesday	Wednesday	Thursday
Halal meat main dish	Lasagne & Garlic Bread	Chicken Tikka Masala Naan Bread	Spicy Chilli Tacos	Fish and Chips
Vegetarian main dish	Stir fry Quorn™ with noodles with red thai sauce	Cheese Pasta Bake	Cheese & Tomato Pizza	Vegetarian chilli
Accompaniments	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Halal street food	Chicken Pitta with Seasoned wedges	Cajun Chicken Panini	Fish finger Wrap Spicy Wedges	(H) Piri piri chicken and slaw on a toasted ciabatta
dessert	Mixed Fruit cobbler	Chocolate Brownie	Jelly Vanilla Ice cream	Apple & berry fool

TRY OUR STREET FOOD GRAB AND GO
FOR HEALTHY MEALS ON THE GO





WATT'S
FOR LUNCH?
FUEL YOUR DAY WITH A
HEALTHY SCHOOL LUNCH



Week 3	Monday	Tuesday	Wednesday	Thursday
Halal meat main dish	Sausage pasta bake	Lebanese chicken flatbread	Thai green chicken curry	Fish and Chips
Vegetarian main dish	Vegetable meatballs in a tomato sauce	Piri Piri Quorn fillet	Vegetable chilli	Smoky BBQ veg & bean wrap
Accompaniments	Seasonal vegetables Salad bar	Cous Cous Seasonal vegetables Salad bar	Rice Salad bar	Chips Peas Salad bar
Halal street food	Korean chicken sandwich	Pizza of the day	Chicken gyros	Pizza of the day
Daily	Jacket potatoes & various fillings	Jacket potatoes & various fillings	Jacket potatoes & various fillings	Jacket potatoes & various fillings
dessert	Apple cake & custard	Carrot cake	Chocolate brownie	Ginger bread cake



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