

MEAT  
FREE

- MEAT FREE MONDAY

5  
A DAY

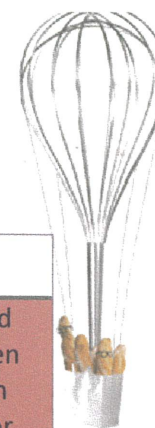
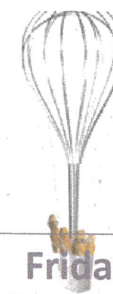
- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE

BE A  
HIGH-FLYER.

A HEALTHY SCHOOL LUNCH  
SUPPORTS YOUR LEARNING



Week.1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Tandoori vegetable curry Served with rice and naan bread	Beef lasagne served with garlic bread and green beans.	Roast turkey, roast potatoes, seasonal veg, yorkshire pudding & gravy	Meat and potato pie, served with mashed potato, peas & gravy	Chippy day, battered fish, fish cake, chicken goujons served with chips baked beans or mushy Peas.
Jacket Potato	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans
Vegetarian Meals	Veggie burger with wedges & salad	Freshly cooked pasta with tomato and basil sauce.	Quorn fillet with gravy	Macaroni and Cheese, with Garlic Bread.	Quorn nuggets
	Pizza slice: Margarita	Pizza slice: Margarita	Pizza slice: Margarita	Pizza slice: Margarita	Pizza slice: Margarita
Sandwiches, Bloomers, Baguettes, Wraps and Salads	Made fresh in house daily, with or without Salad, and various fillings.	Made fresh in house daily, with or without Salad, and various fillings.	Made fresh in house daily, with or without Salad, and various fillings.	Made fresh in house daily, with or without Salad, and various fillings.	Made fresh in house daily, with or without Salad, and various fillings.
	Freshly prepared salads with various toppings.	Freshly prepared salads with various toppings.	Freshly prepared salads with various toppings.	Freshly prepared salads with various toppings.	Freshly prepared salads with various toppings.
Dessert	Freshly prepared Home Bakes which include, Flapjack, Chocolate and Plain Shortbread and Fruit pots	Freshly prepared Home Bakes which include, Flapjack, Chocolate and Plain Shortbread and Fruit pots	Freshly prepared Home Bakes which include, Flapjack, Chocolate and Plain Shortbread and Fruit pots	Freshly prepared Home Bakes which include, Flapjack, Chocolate and Plain Shortbread and Fruit pots	Freshly prepared Home Bakes which include, Flapjack, Chocolate and Plain Shortbread and Fruit pots
Meal Deal Only £2.30	Any Meal with any Dessert and a Bottle of Water	Any Meal with any Dessert and a Bottle of Water	Any Meal with any Dessert and a Bottle of Water	Any Meal with any Dessert and a Bottle of Water	Any Meal with any Dessert and a Bottle of Water



MENU



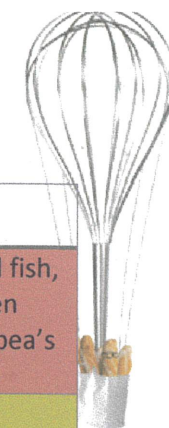


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5 - 1 OF YOUR 5 A DAY

CHEF'S CHOICE

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

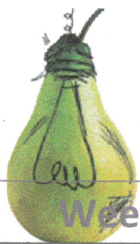


Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Jalfrezi vegetable curry served with rice and naan bread	Mexican Chilli, Served with Pitta Bread and Rice	Roast beef, roast potatoes, seasonal veg, yorkshire pudding & gravy	Chicken & sweetcorn Pie served with mashed potato & peas	Chippy day, battered fish, fish cakes. Chicken goujons with chips, pea's or baked beans
<b>Jacket Potato</b>	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans
<b>Vegetarian Meals</b>	Falafel in pitta bread with coleslaw Pizza slice: Margarita	Freshly cooked pasta with tomato and basil sauce. Pizza slice: Margarita	Quorn fillet & gravy Pizza slice: Margarita	Cheese & tomato quiche Pizza slice: Margarita	Quorn nuggets Pizza slice: Margarita
<b>Sandwiches, Bloomers, Baguettes, Wraps and Salads</b>	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads with various toppings.	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads with various toppings	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads with various toppings	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads with various toppings	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads with various toppings
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# MENU





WATT'S  
FOR LUNCH?

FUEL YOUR DAY WITH A



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Spiced vegetable jambalaya	Chicken or pork sausage served with mashed potato, veg and onion gravy.	Roast turkey, roast potatoes, seasonal veg yorkshire pudding & gravy	Chicken and leek pie served with potato wedges, peas & gravy	Chippy day, battered fish, fish cakes, chicken goujons with chips, baked beans or mushy peas
<b>Jacket Potato</b>	Jacket potato with cheese and beans	Jacket potato with cheese and beans	Jacket potato with cheese and beans	Jacket potato with cheese and beans	Jacket potato with cheese and beans
<b>Vegetarian Meals</b>	Vegetarian cottage pie Pizza slice: Margarita	Freshly cooked pasta with tomato and basil sauce. Pizza slice: Margarita	Roast quorn fillet & gravy Pizza slice: Margarita	Ratatouille Pasta with Garlic Bread. Pizza slice: Margarita	Quorn nuggets Pizza slice: Margarita
<b>5 A DAY</b> Sandwiches, Bloomers, Baguettes, Wraps and Salads	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads, with various toppings.	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads, with various toppings.	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads, with various toppings.	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads, with various toppings.	Made fresh in house daily, with or without Salad, and various fillings. Freshly prepared salads, with various toppings.
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