

MEAT FREE

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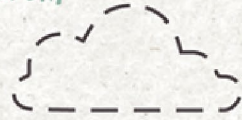
- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



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

5
A DAY



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mac & cheese with crusty bread	Mexican chilli Rice salsa	Roast chicken, sage and onion stuffing and gravy served with creamy mash potato	BBQ chicken pizza with baked potato wedges	Crispy battered fish with chunky chips
Vegetarian Main Dish	Vegetarian sausage, red onion gravy and baked potato wedges	Piri Piri Quorn™ fillet, rice & salsa	Vegetable Hot Pot	Margherita pizza with baked potato wedges	Oven baked veggie burger with chunky chips
Accompaniments 	Garden Peas	Sweetcorn	Steamed carrots Cauli Cheese	Baked Beans	Garden peas Baked Beans Curry Sauce
Street Food	Love Joes Chicken On flatbread	Love Joes Chicken or Donor Meat On flatbread	Love Joes Chicken On flatbread	Love Joes Chicken or Donor Meat On flatbread	Love Joes Chicken On flatbread
	Pasta King & Sauce Jacket Potato	Pasta King & Sauce Jacket Potato	Pasta King & Sauce Jacket Potato	Pasta King & Sauce Jacket Potato	Pasta King & Sauce Jacket Potato
Dessert	Rice crispy cake	Carrot Cake	Chocolate orange Cake	Very berry cake	Gooley chocolate brownie



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