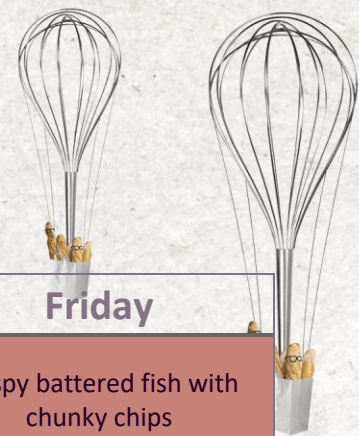


5 A DAY **5** A DAY - 1 OF YOUR 5 A DAY

- CHEF'S CHOICE

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



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Pork sausage, red onion gravy and mash potato	Fiery Mexican chilli, brown rice, sour cream and salsa	Roast pork or roast chicken, crispy roast potatoes and gravy	Beef and mushroom pie served with new potatoes	Crispy battered fish with chunky chips
Vegetarian Main Dish	Vegetable frittata with potatoes	Falafel in a pitta bread with slaw	Cheddar cheese and leek cakes	Vegetarian meatballs and wholemeal pasta	Cheese flan & chunky chips
Accompaniments 	Baton carrots and garden peas Salad bar	Green beans Corn of the cob Salad bar	Steamed carrots broccoli Salad bar	Cauliflower and spring cabbage salad bar	Mushy peas Baked beans Salad bar
Street Food	Chicken tikka wraps or Cheese & tomato panini	Chicken boxes with homemade wedge	Homemade pizza selection	Chicken boxes with homemade wedges	Fish finger wraps
Italian Daily Special	Pasta king served with a choice of sauce	Pasta king served with a choice of sauce	Pasta king served with a choice of sauce	Pasta king served with a choice of sauce	Pasta king served with a choice of sauce
Dessert	Fruit cobbler with custard	Apple cracknel	Eton mess	Mixed berry sponge with custard	Chocolate fudge brownie
Jacket potato & Sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



MENU