



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



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Cajun chicken burger in a floured bap	Chicken tikka masala with 50:50 rice and naan	Roast beef or chicken Yorkshire puddings and gravy with crispy roast potatoes	Traditional beef lasagne with crusty garlic and herb bread	Crispy battered fish or salmon fishcake with chunky chips
Vegetarian Main Dish	Sweet potato and squash stew with crusty brown bread	Roasted vegetable calzone	Chinese vegetable and bean noodles	Quorn and vegetable lasagne with crusty garlic and herb bread	Cheese flan & chunky chips
Accompaniments	Coleslaw and corn on the cob Salad bar	Garden peas Carrot batons Salad bar	Cauliflower cheese and broccoli Salad bar	Roasted butternut squash, Green beans Salad bar	Garden peas Crisp mixed salad Salad bar
Street Food	Chicken tikka wraps or Cheese & tomato panini	Chicken boxes with homemade wedges	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	Apple crumble and custard	Saucy chocolate and orange pudding and custard	Lemon and raspberry trifles	Apple and sultana samosa and custard	Banana cake and custard
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



- CHEF'S CHOICE



- 1 OF YOUR 5 A DAY



MENU