

5
A DAY

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- 1 OF YOUR 5 A DAY

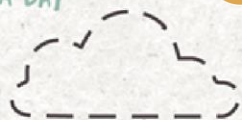
MEAT
FREE

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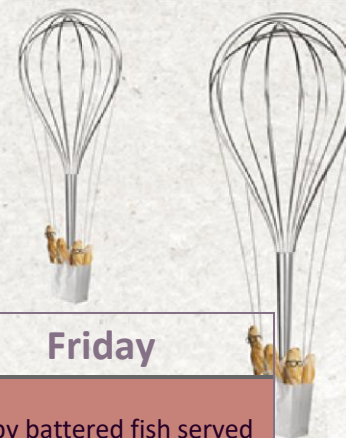
- MEAT FREE MONDAY



- CHEF'S CHOICE



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



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Dish	Sausages with red onion gravy and creamy mashed potatoes	Fiery Mexican Chilli, rice, and sour cream	Roast chicken, sage and onion stuffing and gravy served with roast potatoes	Jerk chicken with rice and peas	Crispy battered fish served with chunky chips
Vegetarian Main Dish	Vegetarian sausage with red onion gravy and creamy mashed potatoes	Quorn and vegetable lasagne with crusty garlic bread	Roast Quorn fillet, gravy served with roast potatoes	Vegetarian Chilli served with rice and sour cream	Sothern style Quorn burger in a bread roll served with chips
5 a day 	Garden Peas and baton carrots	Mixed salad Sweetcorn	Green beans and carrots	Corn on the cob Steamed Broccoli	Mushy peas Baked beans
Hot Grab & Go	Chicken tikka wrap Jacket potatoes	Chicken burger on a bun Jacket potatoes	Ham and cheese panini Jacket potatoes	Chicken goujons & wedges Jacket potatoes	Cheese and tomato panini Jacket potatoes
Cold Grab & Go	Sandwiches and salads	Sandwiches and salads	Sandwiches and salads	Sandwiches and salads	Sandwiches and salads
Pizza & Pasta	Margherita Pizza Pasta served with a choice of sweet chilli chicken or herby tomato sauce	Pepperoni Pizza Pasta served with a choice of firecracker chicken or cheese sauce	Margherita Pizza Pasta with a choice of herby tomato or chilli beef sauce	BBQ chicken pizza Pasta with a choice of tomato mascarpone or Smokey pepperoni sauce	Margherita pizza Pasta served with a choice of spicy tomato arriabata or cheese sauce
Desserts	Selection of desserts and home bakes Fresh fruit and yoghurts	Selection of desserts and home bakes Fresh fruit and yoghurts	Selection of desserts and home bakes Fresh fruit and yoghurts	Selection of desserts and home bakes Fresh fruit and yoghurts	Selection of desserts and home bakes Fresh fruit and yoghurts



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