



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



| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|--|
| Meat Main Dish | Bangers & mash | Chicken curry with rice & naan bread | Roast ham with roast potatoes & gravy | Beef lasagne served with garlic bread | Fish & chips |
| Vegetarian Main Dish | Quorn bangers & mash | Quorn curry with rice & naan bread | Quorn fillet with roast potatoes & gravy | Quorn lasagne served with garlic bread | Quorn nuggets & chips 5 A DAY |
| Accompaniments 5 A DAY | Seasonal vegetables salad bar | Seasonal vegetables salad bar | Seasonal vegetables salad bar | Seasonal vegetables salad bar | Seasonal vegetables salad bar |
| Desserts | Apple crumble served Served with custard 5 A DAY | Homemade cookie | Pineapple upside cake served with custard 5 A DAY | Rice pudding | Ice cream |
| Fresh Fruit and yoghurt | Selection of fresh fruit and yoghurt | Selection of fresh fruit and yoghurt | Selection of fresh fruit and yoghurt | Selection of fruit and yoghurt | Selection of fresh fruit and yoghurt |
| Jacket potatoes and sandwiches | Jacket potatoes Ham or cheese sandwiches | Jacket potatoes Egg mayo or turkey barm | Jacket potatoes Tuna mayo or cheese wrap | Jacket potato Egg mayo or ham sandwiches | Jacket potatoes Cheese barm |



- CHEF'S CHOICE



- 1 OF YOUR 5 A DAY



MENU