



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



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE POT MAIN MEAL	Sausage & mash in a red onion gravy with peas	Mexican chilli with rice	Roast turkey dinner	Chicken Korma Curry Rice, Naan Bread	Battered Haddock chips and mushy peas
ONE POT VEGGIE MEAL	Veggie sausage & mash in red onion gravy	Mexican veggie chilli with rice	Hot roast Quorn dinner	Quorn curry with rice, naan bread	Veggie burger with chips and mushy peas
SANDWICH SELECTION	See display fridge for today's selection of sandwiches	See display fridge for today's selection of sandwiches	See display fridge for today's selection of sandwiches	See display fridge for today's selection of sandwiches	See display fridge for today's selection of sandwiches
HOME BAKES	See display for today's selection	See display for today's selection	See display for today's selection	See display for today's selection	See display for today's selection



- CHEF'S CHOICE



- 1 OF YOUR 5 A DAY



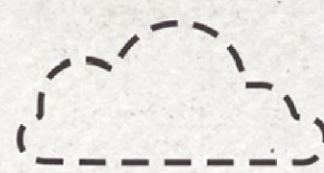
- MEAT FREE MONDAY



MENU



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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE POT MAIN MEAL	Spaghetti bolognaise	Chicken fajita wrap with spicy rice	Beef burger with wedges	Mexican chilli bake	Battered Haddock chunky chips and mushy peas
ONE POT VEGGIE MEAL	Quorn bolognaise	Quorn fajita wrap with spicy rice	Quorn hot dog with wedges	Veggie chilli bake	Veggie burger with chips and mushy peas
PIZZA SELECTION	Freshly baked pizza	Freshly baked pizza	Freshly baked pizza	Freshly baked pizza	Freshly baked pizza
BAMBOO/ PASTA KING	See specials board for daily flavours	See specials board for daily flavours	See specials board for daily flavours	See specials board for daily flavours	See specials board for daily flavours
HOMEBAKES	Chocolate Brownie	Flapjack	Cookie	Chocolate crunch	Chunky shortbread



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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT SANDWICHES</b>	Turkey or Quorn meatball sub	Hot chicken wrap	Tandoori chicken or Quorn burger	BBQ chicken pizza panini Margherita pizza panini	Fish butty with mushy peas or Quorn hot dog
<b>COLD SANDWICHES OR BAGUETTE</b>	Cheese savoury Roast ham salad Plain: ham, cheese or tuna	Roast chicken salad Tuna crunch Plain: ham, cheese or tuna	Chicken tikka Tuna mayonnaise Plain: ham, cheese or tuna	Egg Mayonnaise Roast ham salad Plain: ham, cheese or tuna	Sweet chilli Quorn Roast Turkey Plain: ham, cheese or tuna
<b>EXTRAS</b>	Freshly popped popcorn	Freshly popped popcorn	Freshly popped popcorn	Freshly popped popcorn	Freshly popped popcorn
	Chocolate Brownie or fruit pot	Flapjack or fruit pot	Carrot Cake or fruit pot	Chocolate crunch or fruit pot	Chunky shortbread or fruit pot
<b>DRINK</b>	Bottled water	Bottled water	Bottled water	Bottled water	Bottled water



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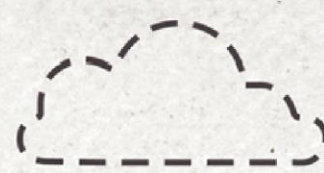
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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SANDWICHES	Sausage butty or Quorn sausage butty	Pizza panini	Roast chicken bap or Roast Quorn Bap	Bacon, lettuce and tomato bagel or Mushroom lettuce and tomato bagel	Fish butty with mushy peas  or Quorn hot dog
COLD SANDWICHES OR BAGUETTE	Cheese savoury Roast ham salad  Plain: ham, cheese or tuna	Roast chicken salad Tuna crunch  Plain: ham, cheese or tuna	Chicken tikka Tuna mayonnaise  Plain: ham, cheese or tuna	Egg Mayonnaise Roast ham salad  Plain: ham, cheese or tuna	Sweet chilli Quorn Roast Turkey  Plain: ham, cheese or tuna
EXTRAS	Freshly popped popcorn	Freshly popped popcorn	Freshly popped popcorn	Freshly popped popcorn	Freshly popped popcorn
	Chocolate Brownie or fruit pot	Flapjack or fruit pot	Carrot cake or fruit pot	Chocolate crunch or fruit pot	Chunky shortbread or fruit pot
DRINK	Bottled water	Bottled water	Bottled water	Bottled water	Bottled water



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