

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

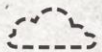


Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Primary HOT MEAL	Pork and Carrot Meatballs, with Penne Pasta Quorn Meatballs with Penne Pasta	Beef Lasagne with Garlic Bread Quorn Lasagne with Garlic Bread	Chef's pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Pudding Quorn Roast alternative	Fish Fingers with Chunky Chips Quorn Nuggets with Chunky Chips
Accompaniments 	Garden Peas	Mixed Vegetables	Sweetcorn	Steamed Vegetables	Baked Beans
Sandwich option	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich
Primary Jacket Potato Fillings	Cheese Or Tuna Mayo	Baked Beans, Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Baked Beans, Cheese Or Tuna Mayo
Dessert Choice	Ice Cream, Yogurt or Fruit	Chocolate Crunch, Yogurt or Fruit	Iced Bun, Yogurt or Fruit	Crunchy Flapjack, Yogurt or Fruit Yogurt	Fruity Jelly, Yogurt or Fruit
Drinks	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water



MENU




- 1 OF YOUR 5 A DAY



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Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Primary HOT MEAL	Hot Dog and Jacket Wedges Quorn Sausage and Jacket Wedges	Chicken Curry Quorn Curry	Chef's Pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Pudding Quorn Roast alternative	Battered Fish with Chunky Chips Quorn Nuggets with Chunky Chips
Accompaniments 	Baked Beans	Rice & Naan Bread	Sweetcorn	Steamed Vegetables	Baked Beans
Sandwich Option	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich
Primary Jacket Fillings	Baked Beans, Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Baked Beans, Cheese Or Tuna Mayo
Dessert Choice	Ice Cream, Yogurt or Fruit	Shortbread, Yogurt or Fruit	Angel Delight, Yogurt or Fruit	Chocolate bun, Yogurt or Fruit	Ginger biscuit, Yogurt or Fruit
Drinks	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water



MENU