

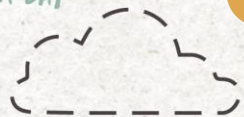
5  
A DAY

5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



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



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Primary HOT MEAL</b>	Salmon Pasta Bake or Cheese and Tomato Pasta Bake with Garlic Bread	Chicken Pie / Quorn Pie	Cheese & Tomato / Peperoni Pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Puddings (Quorn alternative)	Battered Fish with Chunky Chips Quorn alternative
<b>Accompaniments</b> 	Steamed Seasonal Vegetable or Salad	Garden Peas or Salad	Sweetcorn or Salad	Carrots and Broccoli or Salad	Baked Beans or Salad
<b>Sandwich Option</b>	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich	Tuna or Cheese Wrap	Cheese or Tuna Sandwich
<b>Primary Jacket Fillings</b>	Baked Beans, Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Cheese Or Tuna Mayo	Baked Beans, Cheese Or Tuna Mayo
<b>Dessert Choice</b>	Ice Cream, Yogurt or Fruit	Iced bun, Yoghurt or Fruit	Fresh fruit or Yoghurt	Fruit Jelly, Yoghurt or Fruit	Oat Biscuit, Yoghurt or Fruit
<b>Drinks</b>	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water



MENU