


- 1 OF YOUR 5 A DAY



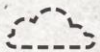
- CHEF'S CHOICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Primary HOT MEAL	Pork and Carrot Meatballs with Rice Quorn Meatballs with Rice	Lasagne and Garlic Bread Quorn Lasagne and Garlic Bread	Chef's Pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Puddings Quorn Roast Alternative	Fish Fingers with Chunky Chips Quorn Nuggets with Chunky chips
Accompaniments 	Garden Peas	Mixed Vegetables	Sweetcorn or Salad	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	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, Yoghurt or Fruit Pot	Marble Sponge and Custard, Yoghurt or Fruit	Fruit Yoghurt or Fruit Pots	Chocolate and Apple Sponge & Custard. Yoghurt or Fruit	Fruit Jelly, Yoghurt 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



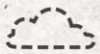
- CHEF'S CHOICE



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Primary HOT MEAL	Sausage in a Bun with Jacket Wedges Quorn Sausage in a Bun with Jacket Wedges	Chicken Curry, Rice & Naan Bread Quorn Curry, Rice & Naan Bread	Chef's Pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Puddings Quorn Roast Alternative	Battered Fish with Chunky Chips Quorn Nuggets with Chunky chips
Accompaniments 	Baked Beans	Garden Peas	Sweetcorn or Salad	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, Yoghurt or Fruit Pot	Jam Roll and Custard	Angel Delight, Yoghurt or Fruit	Syrup Sponge & Custard, Yoghurt or Fruit	Ginger Biscuit, Yoghurt or Fruit
Drinks	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water



MENU



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
Primary HOT MEAL	Salmon Pasta Bake with Garlic Bread Cheese and Tomato Pasta Bake with Garlic Bread	Chicken Pie with New Potatoes and Mixed Vegetables Quorn Pie with New Potatoes and Mixed Vegetables	Chef's Pizza with Potato Wedges	Roast Dinner, Roast Potatoes and Yorkshire Puddings Quorn Roast Alternative	Battered Fish with Chunky Chips Quorn Nuggets with Chunky chips
Accompaniments 	Steamed Seasonal Vegetable or Salad	Garden Peas or Salad	Sweetcorn or Salad	Carrots and Broccoli or Salad	Baked Beans or Salad
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	Crunchy Flapjack, Yoghurt or Fruit Pot	Chocolate Sponge & Chocolate Sauce	Fresh fruit or Yoghurt	Mandarin Sponge & Custard, Yoghurt or Fruit	Oat Biscuit, Yoghurt or Fruit
Drinks	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water	Chilled Jug of Water



MENU