

MEAT FREE

MEAT FREE

- MEAT FREE MONDAY

5
A DAY5
A DAY

- 1 OF YOUR 5 A DAY



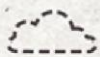
- CHEF'S CHOICE



Week 1 menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mince Beef pasta bake served with Garlic Bread	Sausage Casserole served with Mash	Roast Chicken Dinner served with Roast Potatoes & Yorkshire Puddings	Pepperoni Pizza served with Wedges	Fish and Chips
Vegetarian Main Dish	Vegetable Curry served with Rice and Naan Bread	Quorn Pasta Bake served with Garlic Bread	Quorn Fillet served With Roast Potatoes & Yorkshire pudding	Cheese & Tomato Pizza served with Wedges	Vegetables Burgers served with Chips
Accompaniments 5 A DAY	Cauliflower Green beans Salad bar	Sweetcorn Cabbage Salad bar	Carrots Broccoli Salad bar	Sweetcorn Beans Salad bar	Peas Salad bar
Dessert	Strawberry Angel Delight Or Cheese & crackers	Lemon Drizzle Cake	Ice Cream Pots	Chocolate Muffins	Oat Raisin Cookie
Fresh Fruit & Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit Or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
Jacket potato & Sandwich Selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection



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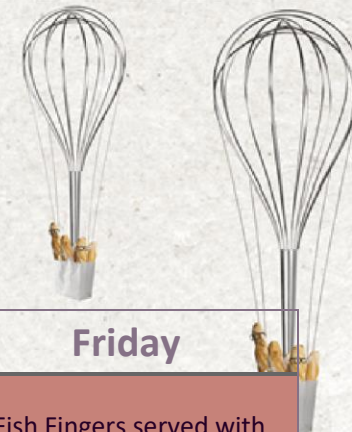


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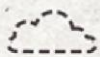
BE A HIGH-FLYER.
A HEALTHY SCHOOL LUNCH
SUPPORTS YOUR LEARNING



Week 2 menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Sausage & Mash	Spaghetti Bolognaise served with Garlic Bread	Roast Gammon served with Roast Potatoes Cubes and Yorkshire Pudding	Chicken Pizza Served with Wedges	Fish Fingers served with Chips
Vegetarian Main Dish	Quorn Bolognaise served with Pasta & Garlic bread	Vegetable Burgers in a bun served with Chips	Quorn Fillets served with Roast Potatoes Cubes and Yorkshire Pudding	Cheese & Tomato Pizza Served with Wedges	Macaroni Cheese With Garlic Bread
Accompaniments 	Carrots Green Beans Salad bar	Sweetcorn Broccoli Salad bar	Cauliflower Cabbage Salad bar	Sweetcorn Beans Salad bar	Peas Salad bar
Dessert	Chocolate Angel Delight	Apple pie & custard	Ice Cream Sponge Roll	Strawberry Jelly	Carrot Cake
Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt
Jacket potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket potato & sandwich selection	Jacket potato & Sandwich selection	Jacket potato & sandwich selection	Jacket potato & Sandwich selection



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Week 3 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Traditional Cottage Pie	Chicken Curry served with Rice and Naan Bread	Beef Roast Dinner served with Yorkshire Pudding, Mashed Potato & Gravy	Cheese and tomato pizza With Wedges	Fish of the day served with chips
Vegetarian Main Dish	Quorn Lasagne served with Garlic Bread	Quorn Cottage Pie	Quorn Sausage served with Yorkshire Pudding, Mash Potato & Gravy	Cheese and tomato pizza With Wedges	Quorn Nuggets served with Chips
Accompaniments 5 A DAY	Cabbage Peas Salad bar	Broccoli Green Beans Salad bar	Carrots Cauliflower Salad bar	Beans Sweetcorn Salad bar	Peas Salad bar
Dessert	Orange Jelly	Chocolate Sponge & Custard	Ice Cream Pots	Fruit crumble & custard	Toffee and Banana Cake
Fresh Fruit & Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit Or Yoghurt	Fresh Fruit Or Yoghurt 5 A DAY	Fresh Fruit Or Yoghurt
Jacket potato & Sandwich Selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection	Jacket potato & Sandwich selection



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