

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

5
A DAY



MEAT
FREE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Sausage, red onion gravy and mash potato	Lasagne with crusty garlic bread	Lancashire Hotpot & Pickles	Fiery Mexican Chilli, Rice & Sour cream Salsa	Chip Shop Friday
Vegetarian Main Dish	Vegetarian Sausage, red onion gravy and mash potato	Stuffed Peppers	Spanish Quiche with Garlic & Herb Potatoes	Vegetable & Chickpea Chilli with Rice	Chip Shop Friday
Accompaniments 	Garden Peas Sweetcorn Salad Bar	Green Beans Roasted Vegetables Salad Bar	Steamed Carrots & Broccoli Salad Bar	Corn on the Cob Salad Bar	Chip Shop Friday
Street Food	Meatballs in Salsa Panini	Cheeseburger, Beef burger or Quorn Burger	Chicken Wrap with Seasoned Potato Wedges	Southern Fried Chicken Burger Veggie Burger	Chip Shop Friday
Jacket potato & Cold sandwiches	Jacket potato with various fillings Selection of Sandwiches/Baguettes & Wraps	Jacket potato with various fillings Selection of Sandwiches/Baguettes & Wraps	Jacket potato with various fillings Selection of Sandwiches/Baguettes & Wraps	Jacket potato with various fillings Selection of Sandwiches/Baguettes & Wraps	Jacket potato with various fillings Selection of Sandwiches/Baguettes & Wraps
Dessert	Goey Chocolate Brownie 	Vanilla Sponge	Raspberry Bun	Iced Finger	Friday Sweet Treat



MENU

KEY

-  - 1 OF YOUR 5 A DAY
-  - MEAT-FREE MONDAY
-  - CHEF'S CHOICE
-  - PLANT-BASED (VEGAN)