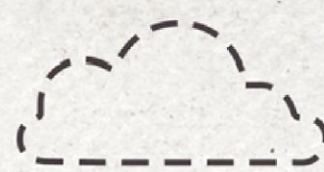




WATT'S  
FOR LUNCH?  
FUEL YOUR DAY WITH A  
HEALTHY SCHOOL LUNCH



5  
A DAY

Week 3	Monday <span>MEAT FREE</span>	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Chinese vegetable and bean noodles	Traditional beef lasagne with crusty garlic and herb bread	Roast Chicken, gravy with crispy roast potatoes	Fish Fingers Served With Chunky Chips	Fish Fingers served with Chunky Chips
<b>Vegetarian Main Dish</b>	Mixed bean and aubergine tagine with couscous (V)	Vegetarian meat balls in tomato Sauce with spaghetti pasta (V)	Mushroom and leek pie and gravy and crispy roast potatoes (V)	Spiced Vegetable Jambalaya (v)	Spiced vegetable jambalaya (V)
<b>Accompaniments</b>	Mediterranean vegetables and Crisp mixed salad	Spring greens & Carrot batons and Crisp mixed salad	Cauliflower & broccoli and Crisp mixed salad	Garden Peas & Crisp Mixed Salad	Garden peas and Crisp mixed salad
<b>Hot Handheld special</b>	Veggie quarter pounds	Margarita pizza <span>5 A DAY</span>	<b>Chicken Wrap</b>	BBQ chicken pizza	Spicy Quorn (V) or chicken wrap with salad
<b>Bamboo Pasta</b>	Arrabiata Sauce with pasta (V)	Wholemeal pasta with a spicy tomato sauce (V)	Sweet chilli chicken Pasta	Tomato & mascarpone with wholemeal pasta (V)	Vegetable Rogan josh with rice (V)
<b>Jacket Potato</b>	Baked beans Or cheesy coleslaw with salad	Tuna Mayo Or Grated cheese with salad	Baked beans Or Grated cheese with salad	<span>5 A DAY</span> Coleslaw Or Baked beans with salad	Grated cheese Or Tuna sweetcorn with salad
<b>Dessert</b>	Selection of home bakes	Selection of home bakes	Selection of home bakes	Selection of home bakes	Selection of home bakes



5  
A DAY

- 1 OF YOUR 5 A DAY

MEAT FREE

- MEAT FREE MONDAY



MENU