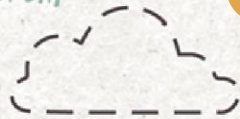


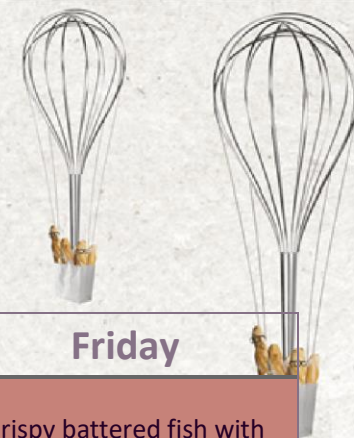
MEAT FREE MEAT FREE - MEAT FREE MONDAY

5 A DAY 5 A DAY - 1 OF YOUR 5 A DAY

CHEF'S CHOICE CHEF'S CHOICE - CHEF'S CHOICE



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



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Tuna Pasta Bake	Fiery Mexican chilli, brown rice, sour cream and salsa	Apple glazed roast pork, crispy roast potatoes and gravy	Chicken Singapore noodles	Crispy battered fish with chunky chips
<b>Vegetarian Main Dish</b>	Sweet potato and squash stew with pea and mint couscous	Quorn™ and vegetable lasagne with crusty garlic and herb bread	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Aubergine and chickpea Dhansak, pilau rice and cucumber raita	Falafel in a wholemeal pitta, crunchy slaw and chunky chips
<b>Accompaniments</b>	Roasted root vegetables Braised red cabbage Salad bar	Crisp mixed salad Corn of the cob Salad bar	Steamed carrots and broccoli Salad bar	Green beans Roasted butternut squash Salad bar	Garden peas Crisp mixed salad Salad bar
<b>Street Food</b>	Sweet potato and vegetable masala, Bombay potatoes and coriander and green chilli chutney	Turkey meatball sub	Moo ping - Thai grilled pork skewers with coconut rice	Slow roasted pulled pork, red slaw, gherkins and home pickled red onions	Red Thai coconut curry with steamed rice
<b>Italian Daily Special and jacket potatoes</b>	Roasted vegetable pizza Jacket Potato with choice of topping	Italian meatballs in tomato sauce with wholemeal pasta Jacket Potato with choice of topping	Chicken and bacon pasta Jacket Potato with choice of topping	BBQ Chicken pi Jacket Potato with choice of topping zza	Vegetarian pasta bolognese Jacket Potato with choice of topping
<b>Dessert</b>	Peach and raspberry fruit cobbler with custard	Apple cracknel	Eton mess	Mixed berry strudel with custard	Goey chocolate brownie



# MENU