

LUNCH

Week 3



FOOD SMART
FOR BODY AND BRAIN

W/C 09/03, 30/03, 27/04, 18/05, 08/06, 29/06, 20/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza (V)	Chicken & Wedges	Roast Chicken & Roast Potatoes	Pasta Bolognese, Focaccia	Fish Fingers & Chips
MAIN 2	Crispy Cauli and Broccoli Bake (V)	Chilli Bean Tortilla Stack (VE)	Jerk Sausage Rice & Peas (VE)	(N) Cheesy Garlic Bread Pizza	Crispy Quorn Nuggets & Chips (VE)
VEG	New Potatoes, Green Beans (VE)	Sweetcorn (VE)	Fresh Carrots & Peas (VE)	Broccoli (VE)	Carrots & Peas or Baked Beans (VE)
3RD OPTION	Pasta with Tomato Sauce & Jacket Potato Bar	Pasta with Tomato Sauce & Jacket Potato Bar	Pasta with Tomato Sauce & Jacket Potato Bar	Pasta with Tomato Sauce & Jacket Potato Bar	Pasta with Tomato Sauce & Jacket Potato Bar
DESSERT	Chocolate Cornflake Cake (VE)	Ginger Cake (VE)	(N) Summer Fruit Cobbler (V)	(N) Cinnamon Apple Swirl (V)	(N) Iced School Cake (VE)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole), flavoured yoghurts as well as freshly baked bread & seasonal salad bar.
Third option includes vegan and vegetarian items.

MENU KEY V Vegetarian VE Vegan and Planet Friendly N New Dish



Quorn

