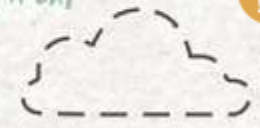




MEAT FREE MEAT FREE - MEAT FREE MONDAY






5 5 - 1 OF YOUR 5 A DAY

CHEF'S CHOICE CHEF'S CHOICE



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



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pork sausage, red onion gravy and champ mash potato	Fiery Mexican chilli, brown rice, sour cream and salsa	Apple glazed roast pork, "roasties" and gravy	Chicken Singapore noodles	Crispy battered fish with chunky chips
VEGETARIAN MAIN DISH	Sweet potato and vegetable masala, Bombay potatoes and coriander and green chilli chutney	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
ACCOMPANIMENTS 	Garden peas Crisp summer salad	Corn on the cob Crisp summer salad	Carrots & broccoli Crisp summer salad	Green beans Crisp summer salad	Mushy peas Crisp summer salad
STREET FOOD	Margherita pizza	Slow roasted pulled pork, red slaw, gherkins and home pickled red onions 	Moo ping - Thai grilled pork skewers with coconut rice	Meatball sub	Red Thai vegetable coconut curry with steamed rice
PASTA DAILY SPECIAL	Chicken Torino Or Basilico	Meatballs in tomato sauce Or Pomodoro	Pasta Arrabiata Or Carbonara	Bolognese Or Tomato & mascarpone	Sweet chilli chicken Or Vegetarian bolognaise
DESSERT	Peach and raspberry fruit cobbler with custard 	Apple cracknel	Lemon drizzle cake	Mixed berry strudel with custard 	Goopy chocolate brownie



MENU