











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



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetable tikka masala with pilau rice and cucumber raita	Creamy chicken and leek pie with a golden pastry top served with mash potatoes	Roast beef, Yorkshire puddings and gravy with crispy roast potatoes	Beef Dhansak with pilau rice	Jumbo fish fingers served with chunky chips
VEGETARIAN MAIN DISH	Mixed bean and aubergine tagine with couscous	Vegetable moussaka 	Vegetarian toad in the hole with gravy and crispy roast potatoes	Spiced vegetable jambalaya 	Roasted Mediterranean vegetable calzone 
ACCOMPANIMENTS 	Sweetcorn Crispy summer salad	Carrot batons Crispy summer salad	Cauliflower cheese Braised red cabbage Crispy summer salad	Green beans Crispy summer salad	Mushy peas Crispy summer salad
STREET FOOD	Margheritta pizza	Greek pork souvlaki in a warm pitta with tzatziki and Greek salad 	Tandoori chicken burgers cucumber raita 	Cheeseburger	Chicken shawarma, salad, houmous wrap
ITALIAN DAILY SPECIAL	Tomato & mascarpone Or Basilico	Meatballs in tomato sauce Or Pomodoro	Pasta Arrabiata Or Carbonara	Bolognese Or Tomato	Sweet chilli chicken Or Vegetarian bolognaise
DESSERT	Rhubarb and custard cake	Saucy chocolate and orange pudding and custard	Rice pudding with a fruit compote 	Apple and sultana samosa and custard 	Chocolate and banana slice



- CHEF'S CHOICE



- 1 OF YOUR 5 A DAY



- MEAT FREE MONDAY



MENU