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

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· Week 1	Monday	Tuesday	Wednesday	Thursday	Friday MEAT
Main Dish	Mediterranean pasta bake served with Garlic and Herb Slice	Chicken Fried Rice Chinese Chicken Curry Rice and flatbread	Pie of the week	Goujons Chicken or Halal Chicken served on a soft tortilla	Crispy battered fish Served with chunky chips
Vegetarian Main Dish	Mac n Cheese severed with a Garlic and Herb slice	Vegetable Chinese curry with Steamed Rice and Flatbread	Cheese Flan Wedges and beans	Quorn Dippers Wrap Severed on a soft tortilla wrap	Home made Cheese and Onion Pie served with chunky chips
Accompaniments	Mixed Salad Leaves Garlic and Herb slice	Crisp mixed salad Flatbread	Vegetable of the day	Mixed Salad Steamed rice Choice of Sauces	Chinese Curry Sauce Gravy Baked Beans Mushy Peas Rice
Street Food	Cheesy Garlic bread Freshly Made Pizzas	Assorted Panini	Quarter pounder Beef or Vegetable burger	Plain Goujon Wrap Goujon pot	Freshly made Margarita Pizza Cheesy Garlic Bread Cheese and Onion Pasty
Daily Items	Baked potatoes Baguettes, sandwiches, wraps Homemade Soups Salads	Baked Potatoes Baguettes, Sandwiches wraps, Salads Homemade soups	Baked Potatoes Baguettes Sandwiches, wrap, Salads Homemade soups	Baked Potatoes Baguettes sandwiches wraps, Salads Homemade soups	Pasta with, Cheese or Tuna topping Baked Potatoes Sandwiches,Salads
Dessert	Homemade Date Shortcake	Homemade Fruity or Plain Flapjack	Chocolate Crunch	Rock Buns	Gooey chocolate brownie
Men V	LIV		MEAT - MEA	T-FREE MONDAY	B - PLANT-BASED (VEGAN)