

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

Week 3	Monday 	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegan keema & 50/50 rice	Thai green chicken curry	Beef & mushroom pie	Chicken Singapore noodles	Crispy battered fish with chunky chips
Vegetarian Main Dish	Cheese & broccoli quiche	Chinese vegetable & bean noodles	Vegan Quorn sausage with onion gravy	Vegetarian chilli	Mexican Quorn burrito
Accompaniments 	Green beans Sweetcorn	Garden peas Coleslaw	Carrots Cauliflower	Cabbage Roasted vegetables	Mushy peas Baked beans
Street Food	Tandoori chicken in a folded naan with crispy salad & assorted sauces	Juicy beef burger in a seeded bun topped with cheese	Crispy coated chicken wings with crunchy salad & spicy salsa sauce	Battered chicken bites served in a tortilla with salad and sauce	SFC burger served in a seeded bun with crisp salad and garlic mayo
Italian Daily Special	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces	Assorted pizza Assorted pasta sauces
Dessert	Chocolate Sponge	Fruit crumble	Ice cream	Gingerbread	Fruit ice lolly



# MENU

KEY	 - 1 OF YOUR 5 A DAY	 - CHEF'S CHOICE
	 - MEAT-FREE MONDAY	 - PLANT-BASED (VEGAN)