









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



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Tuna and sweetcorn pasta bake	Creamy chicken and leek pie with a golden pastry top served with mash potatoes	Roast beef, Yorkshire puddings and gravy with crispy roast potatoes	Traditional beef lasagne with crusty garlic and herb bread	Jumbo fish fingers served with chunky chips
Vegetarian 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	Roasted Mediterranean vegetables Steamed broccoli Salad bar 	Spring greens Carrot batons Seasonal vegetables Salad bar	Cauliflower cheese Braised red cabbage Salad bar	Green beans Crisp mixed salad Salad bar	Garden peas Crisp mixed salad Salad bar
Street Food	Malaysian Beef Rendang with coconut rice	Italian meatballs in tomato sauce with wholemeal pasta	Aloo tikka patties with tomato and onion seed chutney and a paratha	Hoisin pork noodles	Firecracker chicken with rice
Hot handheld Special	Tandoori chicken burgers cucumber raita 	Greek pork souvlaki in a warm pitta with tzatziki and Greek salad 	Roasted vegetable pizza	Chicken shawarma, salad, houmous and Khobez bread 	BBQ chicken pizza
Jacket	Mixed bean tagine or baked beans or grated cheddar or slaw	Meatballs or baked beans or grated cheddar or slaw	Tuna mayo or baked beans or grated cheddar or slaw	Tuna mayo or baked beans or grated cheddar or slaw	Tuna mayo or baked beans or grated cheddar or slaw



- CHEF'S CHOICE



- 1 OF YOUR 5 A DAY



MENU