

**SUPER
CHARGE
YOUR
LUNCH!**



**BECOME
A SUPER
HEALTHY
SUPER
HERO!**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT					
MAIN MEAL 1	Chicken Curry	Quorn Burger in a Bun	Roast Chicken with Sage & Onion Stuffing & Gravy	Pork Sausages with Gravy	Battered Fish Fillet
MAIN MEAL 2	All Day Breakfast (Omelette, Grilled Tomato, Beans)	Beany Seashell Pasta	Cheesy Spring Vegetable & Potato Bake	Sweet & Sour Quorn	Cheese & Tomato Pizza
SIDE DISH	Brown & White Rice or Hash Brown	Potato Wedges or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Brown & White Rice	Potato Wedges or Tricolour Pasta
COLD OPTION	Bread Roll with Various Fillings				
EXTRA OPTION	Jacket Potato with Various Toppings				
DESSERT	Tropical Crumble with Ice Cream 50% Fruit	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Chocolate Pastry Whirl	Lemon Shortbread
WEEK 2 28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT					
MAIN MEAL 1	Bean & Cheese Slice	Chicken Pie with Gravy	Roast Beef with Gravy	Beef Burger in a Bun	Salmon & Sweet Potato Fishcake
MAIN MEAL 2	Macaroni Cheese	Mild Mexican Bean Chilli	Veggie Sausages with Gravy	Roasted Summer Veg Pasta	Cheese & Tomato Pizza
SIDE DISH	Diced Potatoes or Herby Garlic Bread	Potato Wedges or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Wholemeal Pasta or Diced Potatoes	Chips or Tricolour Pasta
COLD OPTION	Bread Roll with Various Fillings				
EXTRA OPTION	Jacket Potato with Various Toppings				
DESSERT	Apple Cornflake Crunch 50% Fruit	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Jammy Cookie	Chocolate Muffin
WEEK 3 6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT					
MAIN MEAL 1	Chicken & Sweetcorn Meatballs with a Tomato Sauce	Beef Bolognese	Roast Pork with Sage & Onion Stuffing & Gravy	Quorn Hot Dog	Fish Fillet Fingers
MAIN MEAL 2	Breaded Bean & Vegetable Grill	Mild Sweet Potato & Chickpea Curry	Creamy Quorn & Sweetcorn Pasta Bake	Roasted Veg Lasagne	Cheese & Tomato Pizza
SIDE DISH	Spaghetti or Diced Potatoes	Pasta or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
COLD OPTION	Bread Roll with Various Fillings				
EXTRA OPTION	Jacket Potato with Various Toppings				
DESSERT	Strawberry Mousse	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Ice Cream with Chocolate Cookie "Wafer"	Pineapple Pastry Squares 50% Fruit

Vegetables and a variety of salads are served daily. = Vegetarian = Vegan.