

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

| Week 1                 | Monday                                                                                                      | Tuesday                                                                                                               | Wednesday                                                                                                               | Thursday                                                                                                                    | Friday                                                                                                      |
|------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Main Dish              |  SAUSAGE & MASH<br>£1.85 |  CHINESE CURRY OF THE DAY<br>£2.10 |  CRISPY BATTERED FISH & CHIPS<br>£2.10 | HOMEMADE MACARONI CHEESE<br>£1.80                                                                                           | SALSA POTATO<br>£1.80<br>  |
| Vegetarian Main Dish   | HOMEMADE CHICKPEA & LENTIL CURRY<br>£1.80                                                                   | CHINESE VEG NOODLES<br>£1.85<br>   | CHEESE PASTIE & CHIPS<br>£2.10                                                                                          | PAV BHAJI IN A BUN WITH SALAD<br>£1.80<br> |  PIZZA OF THE DAY<br>£1.50 |
| And there is more..... | SANDWICH SELECTION £1.45-£1.85<br>JACKET POTATO & FILLING £1.85<br>SALAD BOX £1.90                          | SAME AS MONDAY                                                                                                        | SAME AS MONDAY                                                                                                          | SAME AS MONDAY                                                                                                              | SAME AS MONDAY                                                                                              |
| Street Food            | Love Joes Curry Pot £1.90<br>Panini £1.95                                                                   | Love Joes Curry Pot £1.90<br>Panini £1.95                                                                             | Love Joes Curry Pot £1.90<br>Panini £1.95                                                                               | Love Joes Curry Pot £1.90<br>Panini £1.95                                                                                   | Love Joes Curry Pot £1.90<br>Panini £1.95                                                                   |
| Italian Daily Special  | Pasta King Sauce of the Day £1.90                                                                           | Pasta King Sauce of the Day £1.90                                                                                     | Pasta King Sauce of the Day £1.90                                                                                       | Pasta King Sauce of the Day £1.90                                                                                           | Pasta King Sauce of the Day £1.90                                                                           |
| Dessert                | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p                                | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p                                          | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p                                            | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p                                                | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p                                |

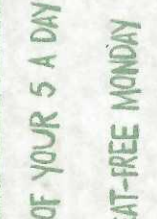


# MENU

KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)



# MENU

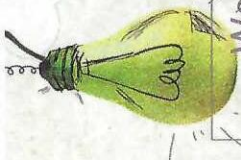
**KEY**

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

| Week 2                | Monday                                                                                   | Tuesday                                                                      | Wednesday                                                                    | Thursday                                                                     | Friday                                                                       |
|-----------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Main Dish             | HOMEMADE MEAT & POTATO PIE<br>£1.85<br>                                                  | ROAST OF THE DAY<br>£2.10<br>                                                | CRISPY BATTERED FISH & CHIPS<br>£2.10<br>                                    | HOMEMADE VEG MOUSSAKA<br>£1.80<br>                                           | SWEET POTATO ENCHILADAS<br>£1.85<br>                                         |
| Vegetarian Main Dish  | VEG NOODLES<br>£1.80<br>                                                                 | VEGETARIAN ROAST OF THE DAY<br>£2.10<br>                                     | BHARJI BURGER IN A FOLDED NAAN<br>£1.85                                      | SALSA WEDGES<br>£1.80                                                        | PIZZA OF THE DAY<br>£1.50                                                    |
| And there is more     | SANDWICH SELECTION<br>£1.45-£1.85<br>JACKET POTATO & FILLING<br>£1.85<br>SALAD BOX £1.90 | SAME AS MONDAY                                                               | SAME AS MONDAY                                                               | SAME AS MONDAY                                                               | SAME AS MONDAY                                                               |
| Street Food           | Love Joes Curry Pot<br>£1.90<br>Panini £1.95                                             | Love Joes Curry Pot<br>£1.90<br>Panini £1.95                                 | Love Joes Curry Pot<br>£1.90<br>Panini £1.95                                 | Love Joes Curry Pot<br>£1.90<br>Panini £1.95                                 | Love Joes Curry Pot<br>£1.90<br>Panini £1.95                                 |
| Italian Daily Special | Pasta King Sauce of the Day<br>£1.90                                                     | Pasta King Sauce of the Day<br>£1.90                                         | Pasta King Sauce of the Day<br>£1.90                                         | Pasta King Sauce of the Day<br>£1.90                                         | Pasta King Sauce of the Day<br>£1.90                                         |
| Dessert               | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p             | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p |



GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO



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

| Week 3                 | Monday                                                                              | Tuesday                                                                      | Wednesday                                                                    | Thursday                                                                     | Friday                                                                       |
|------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Main Dish              | HOMEMADE MEAT PIE & MASH POTATO £1.85<br><div>5 A DAY</div>                         | INDIAN CURRY OF THE DAY £2.10<br><div>MEAT FREE</div>                        | CHEESEBURGER & CHIPS £2.10                                                   | HOMEMADE VEG LASAGNE £1.85<br><div>5 A DAY</div>                             | POTATO & SPINACH CURRY £1.85<br><div>5 A DAY</div>                           |
| Vegetarian Main Dish   | QUORN BOLOGNAISE £1.80                                                              | VEG BIRYANI £1.80<br><div>5 A DAY</div>                                      | VEG BURGER & CHIPS £2.10<br><div>5 A DAY</div>                               | CHEESE FLAN £1.85<br><div>MEAT FREE</div>                                    | PIZZA OF THE DAY £1.50<br><div>5 A DAY</div>                                 |
| And there is more..... | SANDWICH SELECTION £1.45 -£1.85<br>JACKET POTATO & FILLING £1.85<br>SALAD BOX £1.90 | SAME AS MONDAY                                                               | SAME AS MONDAY                                                               | SAME AS MONDAY                                                               | SAME AS MONDAY                                                               |
| Street Food            | Love Joes Curry Pot £1.90<br>Panini £1.95                                           | Love Joes Curry Pot £1.90<br>Panini £1.95                                    | Love Joes Curry Pot £1.90<br>Panini £1.95                                    | Love Joes Curry Pot £1.90<br>Panini £1.95                                    | Love Joes Curry Pot £1.90<br>Panini £1.95                                    |
| Italian Daily Special  | Pasta King Sauce of the Day £1.90                                                   | Pasta King Sauce of The Day £1.90                                            | Pasta King Sauce of the Day £1.90                                            | Pasta King Sauce of the Day 1.90                                             | Pasta King Sauce of the Day £1.90                                            |
| Dessert                | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p        | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p | Fruit Pots 55p-£1.30<br>Traybake 72p<br>Biscuit 50p<br>Cheese & Crackers 85p |



MEAT-FREE MONDAY

PB - PLANT-BASED (VEGAN)



# WELCOME