BECOME A SUPER HEALTHY

SUPER

HERO!



SUPER
CHARGE
YOUR
LUNCH!



**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

## 22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT WEEK 1

Roast Chicken with Sage

& Onion Stuffing & Gravy

Cheesy Spring Vegetable

& Potato Bake (\*)

Roast Potatoes or

Wholemeal Pasta

Bread Roll with Ham

<b>GREEN OPTION</b>
SIDE DISH

RED OPTION

YELLOW OPTION

**BLUE OPTION** 

DESSERT

**RED OPTION** 

**GREEN OPTION** 

SIDE DISH

Quorn Burger in a Bun 📀 Chicken Curry

All Day Breakfast \, (Omelette, Grilled Tomato, Beans)

Brown & White Rice or Hash Brown

Bread Roll with Tuna

Jacket Potato with Cheese Tropical Crumble with

Ice Cream 50% Fruit 📀

**Bread Roll with Cheese** 

Beany Seashell Pasta (1)

Potato Wedges or Herby

Garlic Bread

Jacket Potato with Beans

Fresh Fruit Wedges (1)

Jacket Potato with Cheese

Fresh Fruit Jelly 50% Fruit 🕚

Pork Sausages with Gravy

Sweet & Sour Quorn (\*)

Diced Potatoes or Brown & White Rice

Bread Roll with Cheese

Jacket Potato with Tuna

Chocolate Pastry Whirl NEW!

Beef Burger in a Bun

Roasted Summer

Veg Pasta 🕚

Wholemeal Pasta

or Diced Potatoes

28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT

Battered Fish Fillet

Cheese & Tomato Pizza (\*)

Potato Wedges or Tricolour Pasta

Bread Roll with Egg

Jacket Potato with Beans

Lemon Shortbread ()

Salmon & Sweet

Potato Fishcake

Cheese & Tomato

Pizza 🔮

Chips or

Tricolour Pasta

Bread Roll with Egg

## WEEK 2

Bean & Cheese Slice 💮 Chicken Pie with Gravy

Macaroni Cheese (\*)

Diced Potatoes or Herby Garlic Bread

**Jacket Potato with Beans** 

Apple Cornflake Crunch

50% Fruit NEW!

Spaghetti or

**Diced Potatoes** 

Bread Roll with Ham

Jacket Potato with Cheese

Strawberry Mousse 💿

YELLOW OPTION Bread Roll with Egg

**BLUE OPTION** 

DESSERT

Mild Mexican Bean Chilli (1)

Potato Wedges or Brown & White Rice

**Bread Roll with Cheese** 

Jacket Potato with Tuna

Fresh Fruit Wedges (1)

Bread Roll with Ham

Roast Beef with Gravy

Veggie Sausages

with Gravy (

Roast Potatoes or

Wholemeal Pasta

Jacket Potato with Cheese

Jacket Potato with Cheese

Bread Roll with Tuna

Jammy Cookie

Jacket Potato with Beans

Chocolate Muffin 💿

## WEEK 3

## 6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT



**GREEN OPTION** 

SIDE DISH

**YELLOWOPTION** 

**BLUE OPTION** 

DESSERT

Chicken & Sweetcorn Meatballs Beef Bolognese with a Tomato Sauce

Breaded Bean Mild Sweet Potato & & Vegetable Grill (1) Chickpea Curry (1)

> Pasta or Brown & White Rice

**Bread Roll with Cheese** Jacket Potato with Tuna

Fresh Fruit Wedges 🐠

Roast Pork with Sage & Onion Stuffing & Gravy

Fresh Fruit Jelly

50% Fruit

Creamy Quorn & Sweetcorn Pasta Bake NEW (\*)

50% Fruit 🕦

Roast Potatoes or Wholemeal Pasta

Bread Roll with Tuna

Jacket Potato with Cheese Fresh Fruit Jelly

Quorn Hot Dog 📀

Roasted Veg Lasagne 💿

Potato Wedges or Herby Garlic Bread

Bread Roll with Egg

Jacket Potato with Beans

Ice Cream with Chocolate Cookie "Wafer" 📀

Fish Fillet Fingers

Cheese & Tomato Pizza 🔮

Chips or Tricolour Pasta

Bread Roll with Tuna

Jacket Potato with Cheese

Pineapple Pastry Squares 50% Fruit NEW (















