

**SUPER
CHARGE
YOUR
LUNCH!**

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	MAIN MEAL 2	SIDE DISH	COLD OPTION	EXTRA OPTION	DESSERT
Chicken Curry	Quorn Burger in a Bun	Roast Chicken with Sage & Onion Stuffing & Gravy	Pork Sausages with Gravy	Battered Fish Fillet	
All Day Breakfast (Omelette, Grilled Tomato, Beans)	Beany Seashell Pasta	Cheesy Spring Vegetable & Potato Bake	Sweet & Sour Quorn	Cheese & Tomato Pizza	
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	
Bread Roll with Various Fillings					
Jacket Potato with Various Toppings					
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

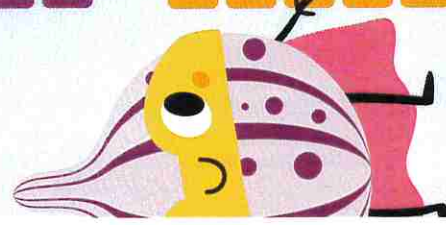
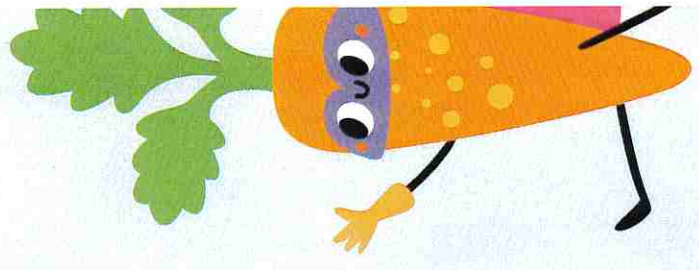
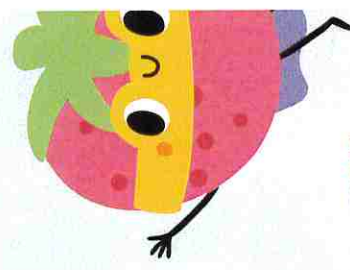
MAIN MEAL 1	MAIN MEAL 2	SIDE DISH	COLD OPTION	EXTRA OPTION	DESSERT
Bean & Cheese Slice	Chicken Pie with Gravy	Roast Beef with Gravy	Beef Burger in a Bun	Salmon & Sweet Potato Fishcake	
Macaroni Cheese	Mild Mexican Bean Chili	Plant Sausages with Gravy	Roasted Summer Veg Pasta	Cheese & Tomato Pizza	
Diced 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	
Bread Roll with Various Fillings					
Jacket Potato with Various Toppings					
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	MAIN MEAL 2	SIDE DISH	COLD OPTION	EXTRA OPTION	DESSERT
Chicken & Sweetcorn Meatballs with a Tomato Sauce	Beef Bolognese	Roast Pork with Sage & Onion Stuffing & Gravy	Quorn Hot Dog	Fish Fillet Fingers	
Breaded Bean & Vegetable Grill	Mild Sweet Potato & Chickpea Curry	Creamy Quorn & Sweetcorn Pasta Bake	Roasted Veg Lasagne	Cheese & Tomato Pizza	
Spaghetti or Diced Potatoes	Pasta or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta	
Bread Roll with Various Fillings					
Jacket Potato with Various Toppings					
Strawberry Mousse	Fresh Fruit Wedges	Fresh Fruit Jelly 50% Fruit	Ice Cream with Chocolate Cookie "Wafer"	Pineapple Pastry Squares 50% Fruit	

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**



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