












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



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 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 MAIN 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	Tandoori chicken burgers with Bombay potatoes and cucumber raita 	Greek pork souvlaki in a warm pitta with tzatziki and Greek salad 	Aloo tikka patties with tomato and onion seed chutney and a paratha	Korean chicken sandwich with kimchi-style slaw 	Chicken shawarma, salad, houmous and Khobez bread 
ITALIAN DAILY SPECIAL	Ham and mushroom pizza	Wholemeal pasta with a spicy tomato arriabata sauce	Roasted vegetable pizza	Italian meatballs in tomato sauce with wholemeal pasta	BBQ chicken pizza
DESSERT	Rhubarb and custard cake	Saucy chocolate and orange pudding and custard	Rice pudding with a fruit compote 	Apple and sultana samosa and custard 	Chocolate and banana slice



- CHEF'S CHOICE



- 1 OF YOUR 5 A DAY



MENU