BECOME

A SUPER HEALTHY

SUPER

HERO!



SUPER LUNCH!



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

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

MAIN	MEAL1
MAIN	MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

All Day Breakfast (Omelette, Grilled Tomato, Beans)

Chicken Curry

Brown & White Rice or Hash Brown

Quorn Burger in a Bun 📀

Beany Seashell Pasta (1)

Potato Wedges or Herby Garlic Bread Roast Chicken with Sage & Onion Stuffing & Gravy

Cheesy Spring Vegetable & Potato Bake 📀

> Roast Potatoes or Wholemeal Pasta

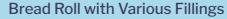
Pork Sausages with Gravv

Sweet & Sour Quorn 🕙

Diced Potatoes or Brown & White Rice **Battered Fish Fillet**

Cheese & Tomato Pizza 📀

Potato Wedges or **Tricolour Pasta**



Jacket Potato with Various Toppings

Tropical Crumble with Ice Cream 50% Fruit 📀

Fresh Fruit Wedges (1)

Fresh Fruit Jelly **50% Fruit ()**

Chocolate Pastry Whirl NEW!

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 🕙

Macaroni Cheese (*)

Diced Potatoes or Herby Garlic Bread Chicken Pie with Gravy

Mild Mexican Bean Chilli (1)

Potato Wedges or Brown & White Rice Roast Beef with Gravy

Veggie Sausages with Gravy **()**

Roast Potatoes or Wholemeal Pasta Beef Burger in a Bun

Roasted Summer Veg Pasta 🕖

Wholemeal Pasta or Diced Potatoes Salmon & Sweet Potato Fishcake

Cheese & Tomato Pizza 🔮

Chips or Tricolour Pasta

Bread Roll with Various Fillings

Jacket Potato with Various Toppings

Apple Cornflake Crunch 50% Fruit NEW!

Fresh Fruit Wedges (1)

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

> **Breaded Bean** & Vegetable Grill **()**

> > Spaghetti or **Diced Potatoes**

Beef Bolognese

Mild Sweet Potato & Chickpea Curry (1)

Pasta or **Brown & White Rice** Roast Pork with Sage & Onion Stuffing & Gravy

Creamy Quorn & Sweetcorn Pasta Bake NEW!

> Roast Potatoes or Wholemeal Pasta

Quorn Hot Dog 📀

Roasted Veg Lasagne 📀

Potato Wedges or Herby Garlic Bread Fish Fillet Fingers

Cheese & Tomato Pizza 🔮

> Chips or Tricolour Pasta

Bread Roll with Various Fillings

Jacket Potato with Various Toppings

Fresh Fruit Wedges (1)

Fresh Fruit Jelly **50% Fruit ()**

Ice Cream with Chocolate Cookie "Wafer" 📀

Pineapple Pastry Squares 50% Fruit NEW!

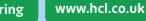














Strawberry Mousse 📀