## Lunch Menu.

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For a Healthy Gut

Brain Boost

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Contains Calcium

Contains Iron

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Slow-Release Energy Foods

## WEEK TWO - AUTUMN WINTER (V) vegetarian option (Ve) vegan option



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Cheese & Tomato Mac 'n' Cheese with Garlic Bread (V)	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa	Roast Chicken, Crispy Roasties & Gravy	Chicken Tikka Curry & Mixed Rice	Sustainably Sourced Battered Fish & Chips
MEAT	Buffalo Burrito (Ve)	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V)	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy	Vegetable Tikka Curry & Mixed Rice (Ve)	Cheese & Tomato Pizza & Chips (V)
ĞRAB & GO+	Dirty Quorn & Cheesy Bean Burger (V) with side of Wedges	Chicken Burger with side of Wedges	BBQ Chicken Snack Wrap with side of Wedges	Popcorn Chicken Baguette	Pepperoni Pizza & Chips
$\sim$	INSIDE COUNTER	INSIDE COUNTER	INSIDE COUNTER	INSIDE COUNTER	INSIDE COUNTER
PIST 'N' TASTY	Vegetable Tikka & Mixed Rice	Beef Bolognese Pasta Pot	Chicken Jalfrezi & Steamed Rice	Veggie Pasta Pot	Tomato & Basil Pasta
IN/RAP OR SUB	Salsa and Cheese loaded Fries	Chicken Burger & Wedges	BBQ Chicken Baguette	Mediterranean Chicken Baguette	Chicken Tikka Baguette
	POD	POD	POD	POD	POD
	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
	Green Beans Garden Salad	Fajita Roasted Sweetcorn & Peppers Garden Salad	Seasonal Mixed Vegetables Garden Salad	Asian Slaw, Garlic Green Beans Garden Salad	Peas Garden Salad
T-DAY'S DESSERTS	Lemon & Blueberry Slice & Custard	Baked Chocolate Cup	Baked Vanilla Sponge & Custard	Cornflake Cake	Giant Chocolate Cookie

Contains Protein