

**SUPER
CHARGE
YOUR
LUNCH!**

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

ROLL OPTION

EXTRA OPTION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

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

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
Ham	Cheese	Cheese Spread	Tuna Mayonnaise	Cheese
Jacket Potato with Various Fillings				

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

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

ROLL OPTION

EXTRA OPTION

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 Chilli	Veggie 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
Cheese	Tuna Mayonnaise	Cheese Spread	Ham	Cheese
Jacket Potato with Various Fillings				

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

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

ROLL OPTION

EXTRA OPTION

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
Cheese	Ham	Tuna Mayonnaise	Cheese Spread	Cheese
Jacket Potato with Various Fillings				

BECOME
A SUPER
HEALTHY
SUPER
HERO!