

YUM!

DAIRY FREE

Lunch Menu

**MAKE
GOOD CHOICES**

WEEK ONE

06/01/2020

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone.

All our dishes aim to offer a variety of nutrients as well as being tasty too!

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Sausage served with gravy	Cottage pie served with gravy	Chicken Tikka served with rice	Roast chicken dinner served with gravy	Breaded chicken goujons and chips
Main Dish 2			Vegetarian sausage served with gravy	Tomato pasta	
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

Each day there is a selection of vegetables to have with the main meal as well as a freshly prepared salad, vegetable and a great selection of freshly prepared fruit.

Water, squash and milk is also available to accompany the meal.

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WEEK TWO

13/01/2020

Why 5 A Day?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy.

Why not try one of our fruit pots, we have a range of fruit including grapes, strawberries, pineapple, melon, kiwi, raspberries, blueberries and much more!

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Sausage with gravy	Meat and Potato Pie served with Gravy	Chicken Tikka served with rice	Roast pork served with stuffing and gravy	Fish and chips
Main Dish 2			Vegetarian Meatballs in Gravy	Spaghetti Bolognese	
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

Each day there is a selection of vegetables to have with the main meal as well as a salad bowl, crudités and a great selection of freshly prepared fruit.

Water, squash and milk is also available to accompany the meal and a water jug is available to all pupils within the dining room to help themselves to.

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WEEK THREE

20/01/2020

Making good choices!

Half the sugar children are having comes from snacks and sugary drinks.

Fruit and vegetables are always the best choice, but if you're shopping for snacks, use this helpful tip: look for 100 calorie snacks, two a day max!

We offer a variety of flavoured yogurts, crackers and cheese and Soreen bars which all follow this tip and of course lots of tasty fruit pots.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Meatballs in gravy with mash	Chicken and vegetable pie served with gravy	Chicken Tikka served with rice and naan bread	Sausage mash and beans	Breaded chicken breast and chips
Main Dish 2			Vegetarian sausage served with gravy	Pasta with tomato sauce	
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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WEEK FOUR

27/01/2020

Watch the salt!

We should have less than 6g of salt a day, that is less than half a teaspoon!

No salt is added to our freshly cooked meals instead we add extra herbs and spices to give it a tasty flavour. All our brought in items are 'low salt' options where available, such as our beans which have reduced sugar and salt.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Sausage with gravy	Chicken pie served with gravy	Chicken Tikka served with rice	Roast beef and with gravy	Fishcake and chips
Main Dish 2			Vegetarian Meatballs in Gravy	Pasta with tomato sauce	
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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