

HIGH SCHOOLS "BALANCED 4 YOU" CORE MENU WEEK 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil & Vegetable	Potato & Leek	Farmhouse Vegetable	Lentil & Vegetable	Tomato
Traditional Plate £2.35	Breaded Chicken Goujons Seasoned Potato Wedges Baked Beans Fruit Bag	Homemade Mac & Cheese Mixed Salad Peas Fruit Bag	Chilli Beef Rice Mixed Salad Fruit Bag	Fish Goujons Chunky Coleslaw Simply Dice Fruit Bag	Chicken Curry Chapati & Rice Sweetcorn Fruit Bag
Meal Deal 1 £2.70	Cosmos Margherita Pizza Wedge Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Wholemeal Cheese Toastie Shredded Lettuce & Sweetcorn Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Hot Chicken Wrap Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Breaded Chicken Grill in Wholemeal Bun Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Beef Grill in Wholemeal Bun Mixed Salad Fruit Bag Semi-Skimmed Milk or Water
Meal Deal 2 Panini Pick £2.70	Tuna & Onion Panini Cheese & Onion Panini Mixed Salad Fruit Bag	Tuna & Onion Panini Mixed Salad Watermelon	Tuna & Onion Panini Cheese & Onion Panini Mixed Salad Fruit Bag	Tuna & Onion Panini Mixed Salad Banana	Tuna & Onion Panini Cheese & Onion Panini Mixed Salad Watermelon
Pasta King £2.30	Fresh Pasta Basilio or Pomodoro Sauce Mixed Salad Melon Wedge Garlic Bread Slice	Fresh Pasta Basilio or Pomodoro Sauce Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Basilio or Italian Meatballs Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Basilio or Pomodoro Italian Meatballs Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Pomodoro or Italian Meatball Sauce Mixed Salad Fruit Bag Garlic Bread Slice