

HIGH SCHOOLS "BALANCED 4 YOU" CORE MENU WEEK 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil & Vegetable	Potato & Leek	Farmhouse Vegetable	Lentil & Vegetable	Tomato
Traditional Plate £2.35	McGhees Turkey Pie Seasoned Potato Wedges Chunky Coleslaw Mixed Salad Fruit Bag	Chicken Curry & Rice Chapati Sweetcorn Fruit Bag	Homemade Mac & Cheese Peas & Sweetcorn Fruit Bag	Homemade Steakpie Seasonal Greens Potatoes Fruit Bag	Breaded Haddock Chips Peas Mixed Salad & Beetroot Fruit Bag
Meal Deal 1 £2.70	Vegan Sausage Roll Baked Beans Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Beef Burger In a Wholemeal Bun Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Hot Chicken Wrap Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Breaded Chicken Patty In a Wholemeal Bun Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Cosmos Margherita Pizza Wedge 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 Fruit Bag	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 Chicken Italian Sauce Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Basilio or Pomodoro Chicken Italian Sauce Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Pomodoro or Chicken Italian Sauce Mixed Salad Fruit Bag Garlic Bread Slice