

Did you know...

Chicken is a good source of lean protein and has the advantage of being very versatile and quick to cook.

Basil can aid digestion easing symptoms of wind, stomach cramps, colic and indigestion

Tuna is a true SuperFood - a good source of vitamins, especially vitamins D and B12. It is also a good source of antioxidant selenium, which helps to protect us against heart disease and cancer. Eating an oily fish like tuna once a week has been shown to reduce heart disease.

Lunch Menu

Freshly Made Each Day and May Be Subject To Change / Availability

DAY	1	2	3	4	5
Monday	Spicy Bean Tortillas ~ Choice of Fresh Fruit	Tuna & Tomato Tagliatelli - Fresh Fruit Salad	Ham & Cheese Summer Salad - Choice of Fresh Fruit	Leek & Potato Soup with soft Bread Rolls - Choice of fresh fruit	Jacket Potatoes Cheese & Ham / Tuna - Choice of Fresh Fruit
Tuesday	Vegetable Soup Soft Cheese Sandwiches - Fruit Smoothies	Tender Chicken with Fresh Peach and Pasta - Natural Yoghurt & Fresh Fruit	Bacon Bean & Red Pepper Risotto - Choice of fresh Fruit & Cheese	Penne pasta with sausage - Natural Yoghurt & Fruit	Penne with Creamy Mushroom Sauce - Low Sugar Jelly & Fruit
Wednesday	Roast Chicken mash potato, peas & carrots ~ Fruit Cocktail	Jacket potato with Cheese & Beans - Peaches & Crème Fraiche	Chicken & Broccoli Salad - Melon boats	Tuna Rissoles with Broccoli and Cheese Sauce - Jelly & Fruit	Mini Bangers & Mash With Gravy & Peas - Peaches & Cream
Thursday	Macaroni Cheese & Cauliflower - Fresh Fruit Selection	Vegetable Kebabs with Pita Bread - Fruit Salad	Kedgeree - Fresh Fruit Salad	Fillet of Fish with Mashed Potato & Peas - Fresh fruit salad	Thai Chicken Curry - F Fresh Pineapple
Friday	Bow Tie Pasta with Salmon - Jelly & Fruit	Tomato Soup, Tuna Mayonnaise Sandwiches - Jelly & Fruit	Tuna Tortilla Roll-Ups - Natural Yoghurt & Banana	Penne Bolognaise - Choice of Fresh Fruit	Fish Pie - Melon Boats

Did you know...

Onions and leeks have a protective action on the circulatory system that helps to prevent your blood clotting. When children eat more and more junk food, fatty deposits in the arteries can now be found even in the youngest children.

Berry fruits are rich in vitamin C, which is important for growth, healing of wounds and healthy skin.

Carrots are rich in antioxidants, which are effective in supporting the body's immune system. One medium carrot will supply a six year old child's daily requirement of vitamin A.

Oats are high in soluble fibre, which helps lower blood cholesterol and also provides lasting energy, keeping hunger pangs at bay.