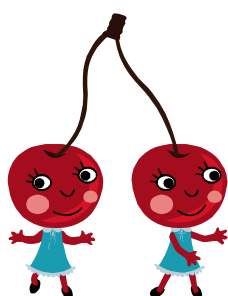




# HEALTHY SCHOOL LUNCHES AT GOPPULL PRIMARY !



| WEEK 3    |   | Healthy dessert choice Mondays!!!  |
|-----------|---|--|
| MONDAY    | Chicken tikka masala,<br>Meat and potato pie,<br>Tomato & mascarpone pasta (v)<br>Rice, naan bread or jacket wedges.<br>Bread basket.<br>Garden peas, sweetcorn.<br>Salad bar.              | Fruit cocktail or piece of fruit,<br>Low fat fruit yoghurt<br>Or cheese & crackers.<br><br>Chilled fruit juice, milk drink<br>Or water.<br>& Choice of fruit from the salad bar. |
| TUESDAY   | Oven baked breaded fish fillet,<br>Homemade beef lasagne,<br>Chicken or cheese wrap(v)<br>Dough balls, creamed or jacket potato.<br>Bread basket.<br>Mushy peas, baked beans.<br>Salad bar. | Low fat fruit yoghurt,<br>Carrot cake or rice pudding.<br>Fruit basket.<br><br>Chilled fruit juice, milk drink<br>Or water.<br>& Choice of fruit from the salad bar.             |
| WEDNESDAY | Local premium pork or (v) sausage<br>Cheesy fish fillet,<br>Cheese salad.(v)<br>Chunky chips, rice or boiled potatoes.<br>Bread basket.<br>Broccoli, baked beans.<br>Salad bar.             | Fruit sponge & custard,<br>low fat yoghurt or Ice cream,<br>Fruit basket.<br><br>Chilled fruit juice, milk drink<br>Or water.<br>& Choice of fruit from the salad bar.           |
| THURSDAY  | Sandwich choice (v)<br>Quorn chilli (v)<br>Homemade soup.<br>Tomato pasta or nachos.<br>Bread basket.<br>Carrots, sweet corn.<br>Salad bar.   | Chocolate mousse,<br>Rock bun, low fat yoghurt,<br>Or fruit smoothie.<br><br>Chilled fruit juice, milk drink<br>Or water.<br>& Choice of fruit from the salad bar.               |
| FRIDAY    | Cheese and tomato pizza (v)<br>Minced beef pie,<br>Ham or tuna salad.<br>Herby pasta, creamed or roast potatoes.<br>Bread basket.<br>Sweetcorn, seasonal vegetable.<br>Salad bar.           | Fresh fruit salad,<br>Cooks choice of cake/cookies,<br>Or low fat fruit yoghurt.<br><br>Chilled fruit juice, milk drink<br>Or water.<br>& Choice of fruit from the salad bar.    |



Prepared fresh daily,  
Using only the best quality ingredients.  
Packed full of goodness in every way possible!  
Healthy choices to satisfy everyone,  
Have your 5 a day in one meal!  
Free to all reception and KS1 children!  
Great value at £2.60 per day.

