



HEALTHY SCHOOL LUNCHES AT COPPULL PRIMARY!



WEEK 1		Healthy dessert choice Mondays!!
MONDAY	<p>Local premium pork or (v) sausages! Chicken casserole, Cheese and egg flan.(v) Focaccia, creamed or jacket potato. Bread basket. Baked beans, broccoli, Salad bar.</p>	<p>Fruit cocktail or piece of fruit, low fat fruit yoghurt Or cheese & crackers. Chilled fruit juice, milk drink or water.</p> <p>& Choice of fruit from the salad bar.</p>
TUESDAY	<p>Chicken pie, Oven baked chip shop fish fillet, Cheesy beany bake (v) Garlic bread, Boiled potatoes or tomato pasta. Bread basket. Mushy peas, sweet corn, Salad bar.</p>	<p>Low fat fruit yoghurt, Flapjack or Ice cream, Fruit basket. Chilled fruit juice, milk drink or water.</p> <p>& Choice of fruit from the salad bar.</p>
WEDNESDAY	<p>Cheese and tomato pizza (v) Cooks choice chicken wrap, Savoury mince & dumpling. Rice, herby diced potatoes or herby pasta. Bread basket. Baked beans, carrots, Salad bar.</p>	<p>Fruit crumble & custard, Or chocolate cake. Fruit basket. Chilled fruit juice, milk drink or water.</p> <p>& Choice of fruit from the salad bar.</p>
THURSDAY	<p>Chicken breast fillet in gravy, Chinese chicken curry, Quorn opt (v) Salmon fingers. Creamed potato, rice or noodles. Bread basket. Seasonal vegetable, sweet corn, Salad bar.</p>	<p>Flaked macaroons, fruit smoothie, Or low fat fruit yoghurt. Chilled fruit juice, milk drink or water.</p> <p>& Choice of fruit from the salad bar.</p>
FRIDAY	<p>Sandwich choice,(v) Tomato mascarpone pasta (v) Homemade soup, chunky chips Or savoury rice. Bread basket. Garden peas, sweet corn, Salad bar.</p>	<p>Cooks choice of cake/cookies, or low fat fruit yoghurt. Chilled fruit juice, milk drink or water.</p> <p>& Choice of fruit from the salad bar.</p>



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.

