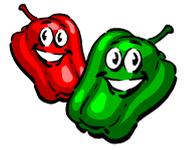




# HEALTHY SCHOOL LUNCHES AT COPPULL PRIMARY!



WEEK 2		Healthy dessert choice Mondays!!!
MONDAY	<p>Minced beef hot pot, Oven baked omega 3 fish fingers, Cheese &amp;/or egg salad (v) Soda bread, potato wedges or pasta. Bread basket. Mushy peas, sweet corn, Salad bar.</p>	<p>Fruit cocktail or piece of fruit, Low fat fruit yoghurt or Cheese &amp; crackers. Chilled fruit juice, milk drink Or water &amp; Choice of fruit from the salad bar.</p>
TUESDAY	<p>Roast chicken fillet / gravy, Spaghetti Bolognese/ Quorn option (v) Cheese whirl (v) Tomato bread, creamed or jacket potato. Bread basket. Broccoli, baked beans, Salad bar.</p>	<p>Fruit sponge &amp; custard, Low fat yoghurt or shortbread. Fruit basket. Chilled fruit juice , milk drink Or water. &amp; Choice of fruit from the salad bar.</p>
WEDNESDAY	<p>Sandwich choice (v) Macaroni cheese (v) Homemade soup, Noisette potatoes or rice. Bread basket. Garden peas, sweetcorn, Salad bar</p>	<p>Low fat fruit yoghurt, Fruity jelly or strawberry mousse, Fruit basket. Chilled fruit juice, milk drink Or water. &amp; Choice of fruit from the salad bar.</p>
THURSDAY	<p>Cheese and tomato pizza (v) Steak pie, Tuna salad wrap. Tomato pasta, creamed or potato wedges. Bread basket. Baked beans, sweet corn, Salad bar.</p>	<p>Vanilla sponge cake, rice pudding, Low fat fruit yoghurt, Or fruit smoothie. Chilled fruit juice, milk drink Or water. &amp; Choice of fruit from the salad bar.</p>
FRIDAY	<p>Frankfurter or (v) sausage finger, Homemade salmon fishcake, Cheese omelette (v) Chunky chips, herby pasta or rice. Bread basket. Carrots, baked beans, Salad bar.</p>	<p>Cooks choice of cake/cookie, Low fat fruit yoghurt.  Chilled fruit juice, milk drink Or water. &amp; 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.

