

## Lunch Bunch Daily Menu 2020

### Weeks 1, 3 and 5

Mon	Tue (Meat Free)	Wed	Thu	Fri
Chicken stuffed pitta pouch	Cheese & Peppers wholemeal Calzone (V)	Tuna Sweetcorn Bagels	Turkey Salad Sub	BBQ chicken & slaw wrap
Hoummus and salad Wrap (Vegan)	Roast Veg wholemeal Calzone (Vegan)	Cajun Vegetable Wrap	Broccoli & Potato Fritatta	BBQ quorn & slaw wrap
Chocolate and banana muffin	Viva milkshake	Chocolate & banana oaty square	Viva milkshake	Lemon and mixed berry cake
Easy peeler	Cherry tomatoes	Red Apple	Packet of raisins	Banana
Water	Water	Water	Water	Water

### Weeks 2, 4 and 6

Mon	Tue	Wed	Thur	Friday (Meat Free)
Chicken sausage and cress wholemeal baguette	Cajun Chicken Calzone	Beef Spring Rolls	Salmon & Cucumber Bagel	Quorn and salad Hot Dogs (V)
Egg & cress wholemeal baguette	Vegetarian Spicy Calzone (V)	Cheese and tomato quich	Bean & Cheese Wrap (V)	Samosas (V)
Pear & ginger muffin	Viva milkshake	Fruit flapjack	Viva milkshake	Brownie square
Cherry tomatoes	Easy peeler	Banana	Packet of raisins	Green Apple
Water	Water	Water	Water	Water