

YUM!

KNYPERSLEY

Lunch Menu

**MAKE
GOOD CHOICES**

WEEK ONE

03/02/2020

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone.

All our dishes aim to offer a variety of nutrients as well as being tasty too!

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Hotdog	Cottage pie served with gravy	Chicken Tikka served with rice and naan bread	Roast chicken dinner served with gravy	Breaded chicken goujons and chips
Main Dish 2	Cheese Lattice	Cheese oatcakes	Vegetarian sausage served with gravy	Tomato pasta and garlic bread	Margherita pizza
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Plain muffin served with custard	Chocolate orange cookies	Shortbread served with custard	Iced sponge served with custard	Chocolate crunch with peppermint custard

Each day there is a selection of vegetables to have with the main meal as well as a freshly prepared salad, vegetable and a great selection of freshly prepared fruit.

Water, squash and milk is also available to accompany the meal.

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WEEK TWO

10/02/2020

Why 5 A Day?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy.

Why not try one of our fruit pots, we have a range of fruit including grapes, strawberries, pineapple, melon, kiwi, raspberries, blueberries and much more!

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Sausage and Yorkshire pudding served with gravy	Meat and Potato Pie served with Gravy	Chicken Tikka served with rice and naan bread	Roast pork served with stuffing and gravy	Fish and chips
Main Dish 2	Pasta and tomato sauce	Cheese oatcakes	Vegetarian Meatballs in Gravy	Spaghetti Bolognese and Garlic Bread	Margherita pizza
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Plain muffin served with custard	Chocolate Crispie Squares	Jammy Shortbread served with custard	Iced sponge served with custard	Flapjack served with Custard

Each day there is a selection of vegetables to have with the main meal as well as a salad bowl, crudité's and a great selection of freshly prepared fruit.

Water, squash and milk is also available to accompany the meal and a water jug is available to all pupils within the dining room to help themselves to.

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WEEK THREE

24/02/2020

Making good choices!

Half the sugar children are having comes from snacks and sugary drinks.

Fruit and vegetables are always the best choice, but if you're shopping for snacks, use this helpful tip: look for 100 calorie snacks, two a day max!

We offer a variety of flavoured yogurts, crackers and cheese and Soreen bars which all follow this tip and of course lots of tasty fruit pots.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Meatballs in gravy with mash	Chicken and vegetable pie served with gravy	Chicken Tikka served with rice and naan bread	Roast turkey dinner	Breaded chicken breast and chips
Main Dish 2	Lasagne and garlic bread	Cheese oatcakes	Vegetarian sausage served with gravy	Pasta with tomato sauce and garlic bread	Margherita pizza
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Plain muffin served with custard	Chocolate shortbread served with custard	Melting moments	Cookies	Iced sponge served with custard

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WEEK FOUR

09/03/2020

Watch the salt!

We should have less than 6g of salt a day, that is less than half a teaspoon!

No salt is added to our freshly cooked meals instead we add extra herbs and spices to give it a tasty flavour. All our brought in items are 'low salt' options where available, such as our beans which have reduced sugar and salt.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Sausage and Yorkshire pudding served with gravy	Chicken and ham pie served with gravy	Chicken Tikka served with rice and naan bread	Roast beef and Yorkshire pudding with gravy	Fishcake and chips
Main Dish 2	Mac 'n' cheese and garlic bread	Cheese oatcakes	Vegetarian Meatballs in Gravy	Pasta with tomato sauce and garlic bread	Margherita pizza
Deli Option	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	Jacket potato with a selection of fillings	NONE AVAILABLE THIS DAY	NONE AVAILABLE THIS DAY
Dessert	Chocolate Muffin served with Custard	Cherry and Apple Crumble and Custard	Shortbread served with custard	Iced sponge served with custard	Flapjack served with Custard

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