## BE A HIGH-FLYER... A HEALTHY SCHOOL LUNCH SUPPORTS YOUR LEARNING!

	THE R. P. LEWIS CO., LANSING, MICH.				F:I
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday MEAT FREE
Main Dish	Mediterranean Meatball pasta bake served with Garlic and Herb Slice	Fiery Mexican chilli, Steamed rice and Crusty Bread	Oven Roasted Chicken Breast served with Sage and Onion Stuffing and Crispy Roast potatoes	Goujons Chicken or Halal Chicken served on a soft tortilla	Crispy battered fish Served with chunky chips
Vegetarian Main Dish	Mediterranean Quorn Meatball pasta bake severed with a Garlic and Herb slice	Vegetable Chilli with Steamed Rice and Crusty Bread	Oven Baked Quorn Fillet served with Creamy mashed potatoes	Quorn Dippers Wrap Severed on a soft tortilla wrap	Home made Cheese and Onion Pie served with chunky chips
Accompaniments 5	Mixed Salad Leaves  Garlic and Herb slice	Crisp mixed salad Crusty Garlic Bread	Mashed potatoes Steamed Carrots Gravy	Mixed Salad Steamed rice Choice of Sauces	Chinese Curry Sauce Gravy Baked Beans Mushy Peas
Street Food	Cheesy Garlic bread Freshly Made Pizzas	Speciality Street Food	Assorted Panini	Plain Goujon Wrap Goujon pot	Freshly made Margarita Pizza
Daily Items	Baked potatoes Baguettes, sandwiches, wraps Homemade Soups	Baked Potatoes Baguettes, Sandwiches wraps Homemade soups	Baked Potatoes Baguettes Sandwiches, wraps Homemade soups	Baked Potatoes Baguettes sandwiches wraps Homemade soups	Pasta with, Cheese or Tuna topping Baked Potatoes Sandwiches
Dessert	Homemade Fruity Weetabix Cake	Homemade Fruity or Plain Flapjack	Chocolate Crunch	Apple Crumble and Custard	Gooey chocolate brownie
Mellors	ENU		MEAT - MEA	AT-FREE MONDAY	PB - PLANT-BASED (VEGAN)

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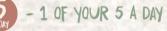
























- PLANT-BASED (VEGAN)