



West Kirby
Grammar School

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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Kansas BBQ Chicken & Dirty Rice Sausages & Mash	Roast of the day Crispy Chicken Taco's with salad	Teriyaki Chicken & Broccoli with steamed rice Massaman Curry	Beef Lasagne with salad Beef Chilli nacho's with salad	Fish Fingers Chicken Burger Served with Chips / peas / salad
Vegetarian Option	Tortilla Tomato & Bean bake	3 Bean Chilli & Steamed Rice	Penne Pesto Pasta & Spinach & salad	Vegetable Buritto	Mint & Chilli infused Halloumi burger
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar
	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go
	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Katsu Chicken with Steamed rice & Curry sauce	Roast Dinner	Mac 'n' cheese, topped with bacon salad & garlic bread	Pasta Bake, salad & garlic bread	Battered Pollack
	Sausage Casserole	Cottage Pie, vegetables & Gravy	Spaghetti bolognese, garlic bread	Chicken Shawarma Asian slaw	Chicken Burger
Vegetarian Option	Loaded veggie meatball sub & Salad	Cheese, Leek & potato pie, new potatoes & Beans	Cheese & Tomato calzone	Korean Crispy wrap, side salad	Sweet potato & Chick pea Moneybag & salad
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar
	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go
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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option 1	Chipotle Chicken & Rice Meatball Monday	Roast Dinner Loaded Chicken Fajita wrap & salad	Handmade Beef Burger & Wedges Chinese Noodles & prawn crackers	Chicken Wings served with Jamaican rice 'n' peas Posh Pizza	Battered Pollack Texan Chicken Burger
Vegetarian Option	Dirty Mac 'n' cheese with Butternut sq.	Sweet Potato & Bean Jalfrezi with Pilau rice	No Chicken Pitta served with Asian slaw	Roasted Vegetable Shawarma & Cous Cous	Veggie burger
	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar
	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go	Pasta King & Grab and Go
	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes	Assortment of Cookies and Tray bakes