

Activity & Healthy Eating Week – Knowleswood

MONDAY

Pentathletes Pasta – Penne pasta with sausage

Fitness fanatic Fajita – Quorn & pepper

Mandarin Sponge

Anglers Angel Delight

Served with:

Garlic Bread & Rainbow Salad

Also available:

Watermelon Wedges, Fruit Bags &

Sundried Tomato Cous Cous salad

TUESDAY

Cross Country Fuel – Chicken Katsu Curry

Cheese lattice Canoes

Fruity Flapjack

Cream Cheese Crackers with Grapes

Served with:

Wholegrain Pilau Rice

Sweet Potato Wedges & Rainbow Salad

Also Available:

Apple & Mandarin Fruit Bags & Noodle Salad

WEDNESDAY

Paragliders Pork Roast Dinner

“Jumping Bean” & Quorn Burrito

Frozen Yoghurt

Marble Sponge

Also Available:

Carrot & Cucumber “Relay” Batons

Savoury Rice Salad

THURSDAY

Prize Winners Pizza, Chicken or Cheese & Tomato

Jam Sponge

Fresh Fruit Salad Bags

Served with:

Chips. Beans or Salad

Also available:

Fruit Yoghurt. Potato Salad

FRIDAY

Fishermans Fillet sandwich

Funky Footballers Quorn Frankfurter

Chocolate & Pear Sponge

Freestylers Frozen Smoothies

Served with:

Wholemeal Bread Bun / Finger Roll

Broccoli Cheese Bake or Salad

Also Available:

Watermelon Wedges.

Tuna & Sweetcorn Pasta