

BREAK



Beal High School

BREAK

MON

TUES

WED

THU

FRI



**Ciabatta Chicken
With Jamaican Style
Hot Sauce
(G,MK)**

**Chimichurri
Meatball Sub
(G,MK)**

**BBQ Chicken and
Jalapeño Baguette
(G,MK)**

**Cuban Chicken
Panini
(G,MK)
Tuna Melt Panini
(G,MK,F)**

**Hot Chilli
Sriracha Chicken
Salad Wraps
(G,E,MK)**



**Spicy Vegetable Samosa
(G)**

**Pizza Marinara
(G,MK)**

**Cheesy Bagels
(G,MK)**

**Cheddar and Red Onion
Panini
(G,MK)**

**Cheese & Onion Puffs
(G,E,MK)**

**Chicken Fajita Wraps
Margarita Pizza Wrap
(G,MK,SU,M)
Bacon Bloomer
(G,MK)**

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Margarita Pizza Wrap
(G,MK,SU,M)
Bacon Bloomer
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(G,MK,SU,M)
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(G,MK,SU,M)
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**Chicken Fajita Wraps
Margarita Pizza Wrap
(G,MK,SU,M)
Bacon Bloomer
(G,MK)**

**Chocolate Croissants
(G,MK,E,P)**

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(G,MK,E,P)**

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(G,MK,E,P)**

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(G,MK,E,P)**

**Chocolate Croissants
(G,MK,E,P)**

**Popcorn
(M)**

**Popcorn
(M)**

**Popcorn
(M)**

**Popcorn
(M)**

**Popcorn
(M)**

**Yoghurt & Granola Pots
(G,MK)**

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(G,MK)**

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(G,MK)**

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(G,MK)**

**Yoghurt & Granola Pots
(G,MK)**

Fruit Pots / Fresh Fruit

Fruit Pots / Fresh Fruit

Fruit Pots / Fresh Fruit

Fruit Pots / Fresh Fruit

Fruit Pots / Fresh Fruit

EVERY DAY
Favourites



ALLERGENS

Ce	=	Celery	L	=	Lupin	P	=	Peanuts
Cu	=	Crustacean	Mk	=	Milk	Se	=	Sesame
E	=	Eggs	Mo	=	Mollusc	So	=	Soya
F	=	Fish	Mu	=	Mustard	Su	=	Sulphites
G	=	Gluten	N	=	Nuts			

LUNCH



Beal High School

WEEK 1

MON

TUES

WED

THU

FRI



**Baked Cajun Tenders.
Roasted New Potatoes
Baby Corn, Savoury Rice**
(G,E,MK)

**Beef Chili
Nacho's and Sour Cream
Salad**
(G,MK,SO,E)

**Spicy Chicken Meatballs
with Pesto Pasta
Salad and Garlic Bread**
(G,E,MK)

**Roasted Chipotle
Chicken
Vegetable Rice
Mixed Salad**
(MK)

**Fish and Chips
Chicken and Chips**
(G,E,MK,MU)



**Savoury Vegetable Tart.
Roasted New Potatoes
Baby Corn, Savoury Rice**
(G,E,MK)

**Vegetable Chilli
Nacho's and Sour Cream
Salad**
(G,MK,SO,E)

**Spinach and Ricotta
Tortellini
Salad and Garlic Bread**
(G,E,MK)

**Vegetarian Stuffed
Jacket Potatoes
Vegetable Rice
Mixed Salad**
(MK)



Pasta King
(E,MK,G)

Pasta King
(E,MK,G)

Pasta King
(E,MK,G)

Pasta King
(E,MK,G)

Pasta King
(E,MK,G)



**Jacket Potato Bar
(F,E,MK,MU)
Hot Topping Salad
Bar**

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(F,E,MK,MU)
Hot Topping Salad
Bar**

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(F,E,MK,MU)
Hot Topping Salad
Bar**

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(F,E,MK,MU)
Hot Topping Salad
Bar**

**Jacket Potato Bar
(F,E,MK,MU)
Hot Topping Salad
Bar**



**Cakes
(E,MK,G)
Fruit Pots/Bags**

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(E,MK,G)
Fruit Pots/Bags**

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(E,MK,G)
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(E,MK,G)
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LUNCH



Beal High School

WEEK 2	MON	TUES	WED	THU	FRI
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Singapore Stir fried Chicken with Noodles
(G,MK,E)

Lasagne and Mixed Salad and Garlic Bread
(G,E,MK)

Mexican Chicken Burrito
Spicy Rice, Salsa, guacamole and Mixed Salad
(G,SO,MK,SE)

Jamaican Jerk Chicken Spicy Quorn Fajita
(SO,MK,E)

Fish and Chips
Chicken and Chips
(G,E,MK,MU)



Spicy Sweet Chilli Vegetable Noodles
(G,MK,E)

Roasted Vegetable Lasagne Salad and Garlic Bread
(G,E,MK)

Falafels in flatbreads
Spicy Rice, Salsa, guacamole and Mixed Salad
(G,SO,MK,SE)

Rice & Peas Salad
Coleslaw
(E,Mu)



Pasta King
(E,MK,G)

Pasta King
(E,MK,G)

Pasta King
(E,MK,G)

Pasta King
(E,MK,G)

Pasta King
(E,MK,G)



Jacket Potato Bar
(F,E,MK,MU)
Hot Topping Salad Bar

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(F,E,MK,MU)
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(F,E,MK,MU)
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(F,E,MK,MU)
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(F,E,MK,MU)
Hot Topping Salad Bar



Cakes
(E,MK,G)
Fruit Pots/Bags

Cakes
(E,MK,G)
Fruit Pots/Bags

Cakes
(E,MK,G)
Fruit Pots/Bags

Cakes
(E,MK,G)
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(E,MK,G)
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