

**Thursday 8th February** 

Sweet and Sour Chicken

Or

Quorn Stir Fry

On the side

Mini Spring Rolls

Rice, Sauted Cabbage and Sweetcorn

**Dessert** 

Sticky Syrup Pancake

As always

Yoghurt and Fruit

A healthy food meal is important for children and young people to keep healthy and improve their performance





