



### **World Cup Theme Lunch 2026 (Primary School Menu)**

**Blue meal** – Chicken ‘Football’ poppers served with tomato pasta  
*(protein and carbohydrates build muscle and give you energy)*

**Red meal** – Cheese & bean ‘Half Time’ pastry with potato croquettes (v)  
*(calcium and fibre for strong legs and helps with recovery)*

**Green meal** – Ham ‘Header’ finger roll  
*(carbohydrates and protein to fuel your body)*

Served with ‘Players’ Peas  
*(helps with inflammation)*

### **Hydration Station**

‘Pass’ the Ice Lolly

Side ‘tackle’ salad and Fresh Fruit ‘Final’ – Cooks should design your fruit / salad in football themes or country flags

**Cheese and tuna sandwiches available (orange/yellow tray)**