Week one

Monday
- Cheese and Tomato Pizza with Potato Wedges
- Quorn Hotdog with Potato Wedges
- Jacket cheese/beans
- on the side... sweetcorn for dessert...
- Cookie Fruit

Tuesday
- Chicken Burger with Potato Wedges
- Traditional Mac N Cheese
- Jacket cheese/beans
- on the side... peas for dessert...
- Flapjack Fruit

Wednesday
- Roast Chicken with Roast Potatoes and Gravy
- Sweet Potato Chickpea Roast
- Jacket cheese/beans
- on the side... carrots for dessert...
- Banana slice Fruit

Thursday
- Beef Bolognese
- Quorn Bolognese
- Jacket cheese/beans
- on the side... sweetcorn for dessert...
- Apple Flapjack Fruit

Friday
- Golden Fish Fingers and Chips
- Quorn Nuggets and Chips
- Jacket cheese/beans
- on the side... baked beans for dessert...
- Cookie Fruit

Week two

07/09 28/09 19/10 09/11 30/11 21/12
- Cheese and Tomato Pizza with Potato Wedges
- Traditional Mac N Cheese
- Jacket cheese/beans
- on the side... sweetcorn for dessert...
- Cookie Fruit

- Chicken Tikka Masala with Rice
- Mild Chickpea & Potato Curry with a Rice side
- Jacket cheese/beans
- on the side... peas for dessert...
- Flapjack Fruit

- Roast Turkey with Roast Potatoes and Gravy
- Pastry Slice with Roast Potatoes and Gravy (V)
- Jacket cheese/beans
- on the side... peas for dessert...
- Banana slice Fruit

- Beef Bolognese
- Quorn Bolognese
- Jacket cheese/beans
- on the side... sweetcorn for dessert...
- Apple Flapjack Fruit

- Southern Fried Chicken & Chips
- Soft Taco and Chips filled with a yummy veggie tomato chilli
- Jacket cheese/beans
- on the side... baked beans for dessert...
- Cookie Fruit

Week three

14/09 05/10 26/10 16/11 07/12
- Cheese and Tomato Pizza with Potato Wedges
- Chinese Veggie Noodles
- Jacket cheese/beans
- on the side... sweetcorn for dessert...
- Cookie Fruit

- Sausage and Mash with Gravy
- Quorn Sausage and Mash with Gravy
- Jacket cheese/beans
- on the side... carrots for dessert...
- Flapjack Fruit

- Roast Turkey with Roast Potatoes and Gravy
- Country Vegetable Pie
- Jacket cheese/beans
- on the side... peas dessert...
- Banana Slice Fruit

- Beef Bolognese
- Quorn Bolognese
- Jacket cheese/beans
- on the side... sweetcorn for dessert...
- Apple Flapjack Fruit

- Golden Fish Fingers and Chips
- Soft Burrito filled with lightly spiced veggies and rice
- Jacket cheese/beans
- on the side... baked beans for dessert...
- Cookies Fruit

PLEASE MAKE SURE YOU PUT YOUR NAME AND CLASS ON THE MENU BEFORE SUBMITTING BACK TO THE ACADEMY FOR COLLECTION.

Please tick box of the option you would like for your main lunch and sweet option for the three week cycle. If you select a packed lunch this is a just tick through a cheese or chicken sandwich this is a complete meal with sweet. If you need a special diet then please tick the box to inform us As long as we have your dietary form with medical evidence a meal will be provided. Jacket potato tick topping beans or cheese or both.
If you are a new pupil or we don’t have medical evidence you will be provided with a jacket potato or you may want to bring in your own packed lunch.