



Summer Menu 2019



WEEK 1 – for weeks commencing: 22/4/19, 10/6/19, 1/7/19, 22/7/19, 2/9/19, 23/9/19, 14/10/19

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Chicken Curry Jenny's Vegetable Biryani Pilaf Rice Jacket Potato & Fillings Peas & Sweetcorn Emma's Cinnamon Palmier Fresh Fruit	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo, Salmon Mayo Vegetable Medley Denise's Ginger Cake with Caramel Icing Fresh Fruit	Roast Beef & Yorkshire Pudding Cauliflower & Broccoli Cheese Roast Potatoes Jacket Potato & Fillings Shredded Green Cabbage Yoghurts Fresh Fruit	Suzette's Jerk Chicken Cheese & Tomato Flan Jollof Rice Jacket Potato & Fillings Vegetable Medley Ice Cream & Wafers Fresh Fruit	Fish Fillet Sharon's Cheesy Risotto Chips Jacket Potato & Fillings Baked Beans & Roasted Vegetables Yoghurt Fresh Fruit

Week 2 – for weeks commencing: 29/4/19, 20/5/19, 17/6/19, 8/7/19, 9/9/19, 30/9/19

WEEK TWO	Tuna Pasta Bake Cheesy Veggie Pasta Jacket Potato & Fillings Carrots & Peas Fruity Flapjack & Vanilla Sauce Fresh Fruit	Teresa's BBQ Chicken Slice Veggie Wrap Oven Baked Wedges Jacket Potato & Fillings Sweetcorn Jelly & Fruit Cocktail Fresh Fruit	Oven Baked Sausages Lucy's Veggie Sausage Roll Creamy Mash Potato Jacket Potato & Fillings Peas Yoghurt Fresh Fruit	Pam's Beef Goulash Mixed Bean Goulash Fluffy Rice Jacket Potato & Fillings Vegetable Medley Lemon Cheese Cake Fresh Fruit	Fish Cake Mediterranean Quiche Chips Jacket Potato & Fillings Baked Beans & Baked Tomatoes Yoghurt Fresh Fruit
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Week 3 – for weeks commencing: 6/5/19, 3/6/19, 24/6/19, 15/7/19, 16/9/19, 7/10/19

WEEK THREE	Cheese & Tomato Pizza Mixed Pepper Pizza Herby-Diced Potato Jacket Potato & Fillings Sweetcorn & Carrots Lisa's Ginger & Lemon Sponge & Custard Fresh Fruit	Wendy's Chinese Chicken Veggie Stir Fry Noodles Jacket Potato & Fillings Vegetable Medley Oaty Biscuit Fresh Fruit	Roast Turkey & Stuffing Spinach & Potato Bake Roast Potatoes Jacket Potato & Fillings Green Beans Yoghurt Fresh Fruit	Tomato & Basil Pasta Bake Macaroni Cheese Jacket Potato & Fillings Vegetable Medley Sharon's Apple Tart & Custard Fresh Fruit	Fish Fingers Cheese & Onion Pinwheel Chips Jacket Potato & Fillings Baked Beans & Peas Yoghurt Fresh Fruit
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Menu subject to change * All meals are freshly cooked at the academy * Our food is cooked using oven baking & steaming methods * We use seasonal fruit & vegetables * All meat is fresh & UK sourced * Milk & yoghurt are available daily * Fresh drinking water is available daily

