

Academy

Menu | 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Lentil	Tomato & Red Pepper	Chicken Noodle	Yellow Pea	Leek & Potato
MAIN MEAL	Bolognese Sauce	Chicken Korma	Breaded Haddock	Chicken Fajitas	Orange Chicken
MAIN MEAL(V)	Vegetable Lasagne (v)	Philly Cheese & Vegetable Wrap (v)	Vegemince with a Yorkie (v)	Spinach & Ricotta Tortelloni with Tomato Sauce (v)	Spanish Style Rice (v)
CARBOHYDRATE	Spaghetti	Rice	Chips Or Mashed Potatoes	Cous Cous	Noodles
VEGETABLES	Vegetable Medley Or Green Beans	Sweetcorn Or Broccoli	Peas Or Carrots	Green Beans Or Roasted Vegetables	Mixed Vegetables Or Sweetcorn

	MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable	Carrot & Coriander	Broth	Lentil	Minestrone
MAIN MEAL	Chicken in Blackbean Sauce	Macaroni Cheese (v)	Roast Chicken with Mealie	Beef Lasagne	Salmon and Broccoli Layer
MAIN MEAL (v)	Potato Bravas Bake (v)	Vegetarian Sausage Roll (v)	Butternut Squash Curry (v)	Loaded Potato Skins (v)	Oriental Noodles (v)
CARBOHYDRATE	Noodles	Mashed Potatoes	Roast Potatoes Or Rice	Garlic Bread	Potato Wedges
VEGETABLES	Peas Or Vegetable Medley	Baked Beans Or Broccoli	Carrots Or Brussels Sprouts	Sweetcorn Or Peas and Carrots	Mixed Vegetables Or Green Beans

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Yellow Pea	Butternut Squash & Sweet Potato	Spicy Lentil	Tomato	Cream of Chicken
MAIN MEAL	Loaded Burritos	Sweet & Sour Chicken Noodles	Turkey Meatballs with BBQ Sauce	Chicken Pie	Breaded Haddock
MAIN MEAL	Roast Quorn Fillet in Gravy with Mealie (v)	Cream Cheese & Leek Quiche (v)	Broccoli Bake (v)	Cheesy Oat Burger (v)	Vegetarian Shepherd's Pie (v)
CARBOHYDRATE	Roast Potatoes	Herbie Diced Potatoes	Pasta Twists	Mashed Potatoes	Chips
VEGETABLES	Broccoli Or Carrot	Green Beans Or Oriental Vegetables	Carrots Or Sweetcorn Cobettes	Sweetcorn Or Baked Beans	Peas Or Mashed Turnip