

# Academy Summer Menu | 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Lentil	Tomato & Red Pepper	Chicken Noodle	Yellow Pea	Leek & Potato
MAIN MEAL	Grilled Pork Sausages	Chicken Korma	Bolognese Sauce	Chicken Fajitas	Breaded Haddock
MAIN MEAL(V)	Swedish Style Lasagne (v)	Philly Cheese & Vegetable Wrap (v)	Quorn Toad in the Hole (v)	4 Cheese Ravioli with Tomato Sauce (v)	Spanish Style Rice (v)
CARBOHYDRATE	Mashed Potatoes	Rice	Spaghetti Or Potato Croquettes	Cous Cous	Chips
VEGETABLES	Baked Beans	Sweetcorn	Mixed Vegetables	Green Beans	Peas
DESSERT	Tiffin	Cold Dessert Selection	Coco Saucy Sponge with Custard	Cold Dessert Selection	Strawberry Cheesecake

Weeks Beginning: 19 August; 9 September; 30 September

Week 1

# Academy Summer Menu | 2019

	MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable	Carrot & Coriander	Broth	Lentil	Minestrone
MAIN MEAL	Beef Lasagne	Macaroni Cheese (v)	Roast Chicken with Mealie	Shredded Pork with BBQ Sauce	Gluten Free Salmon Fish Fingers
MAIN MEAL (v)	Veggie Surprise (v)	Quorn Sausage Roll Over (v)	Vegetable Curry (v)	Loaded Potato Skins (v)	Oriental Vegetable Noodles (v)
CARBOHYDRATE	Garlic Bread	Mashed Potatoes	Roast Potatoes Or Rice	Noodles	Potato Wedges
VEGETABLES	Peas	Baked Beans Or Broccoli	Carrots	Sweetcorn	Coleslaw
DESSERTS	Apple Crumble with Custard	Cold Dessert Selection	Seasonal Fruit Roulade	Cold Dessert Selection	Carrot Cake

Weeks Beginning: 26 August; 16 September; 7 October

Week 2

# Academy Summer Menu | 2019

	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 Stir Fry	Organic Pork Meatballs with Tomato Sauce	Chicken Pie	Gluten Free Lemon Sole Bites
MAIN MEAL	Roast Quorn Fillet in Gravy with Mealie(v)	Cheese & Onion Quiche (v)	Broccoli Cheese (v)	Piri Piri Flatbread (v)	Baked Bean Lasagne (v)
CARBOHYDRATE	Roast Potatoes	Noodles	Pasta Twists	Mashed Potatoes	Chips
VEGETABLES	Broccoli, Cauliflower & Carrot	Coleslaw	Green Beans	Sweetcorn	Peas
DESSERTS	Flapjack	Cold Dessert Selection	Lemon Meringue Pie	Cold Dessert Selection	Choco Mandarin Gateau