

Academy Summer Menu | 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Lentil (v)	Chicken and Rice	Tomato (v)	Butternut Squash and Red Pepper (v)	Carrot and Coriander (v)
MAIN MEAL	Chicken Fajitas	Turkey Meatballs in Tomato Sauce	Steak Pie	Chicken Korma	Breaded Haddock
MAIN MEAL	Roast Quorn Fillet in Gravy (v)	Vegetarian Fajita (v)	Loaded Potato Skins (v)	Herbie Spaghetti (v)	Vegetable Dhal (v)
CARBOHYDRATE	Roast Potatoes	Noodles	Mashed Potatoes	Rice	Chips Or Chapati
VEGETABLES	Peas and Sweetcorn	Broccoli	Baby Carrots	Mixed Vegetables	Peas

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SOUP	Lentil (v)	Potato (v)	Minestrone (v)	Vegetable (v)	Cream of Chicken
MAIN MEAL	Mac and Cheese (v)	Beef Lasagne	Chicken Enchilada	Oriental Chicken Noodles	Breaded Haddock
MAIN MEAL	Homemade Curried Lentil Balls (v)	Gluten Free Salmon Fish Fingers	Quorn Chilli Nachos (v)	Quesadilla (v) (Ve)	Cauliflower Cheese (v)
CARBOHYDRATE	Garlic Bread	Baby Boiled Potatoes	Spicy Potato Dice		Chips
VEGETABLES	Baby Carrots	Baked Beans Or Green Beans	Corn Cobettes	Broccoli	Peas

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Leek and Potato (v)	Scotch Broth (v)	Lentil (v)	Butternut Squash and Red Pepper (v)	Chicken Noodle
MAIN MEAL	Roast Chicken and Mealie	Turkey Stir Fry	Traditional Mince	Chicken Sausages in Gravy	Breaded Haddock
MAIN MEAL	Hot Philly Wrap (v)	Four Cheese Ravioli in Tomato Sauce (v)	Spanish Spicy Rice (v)	Vegetarian Noodles (v)	Sweet Potato and Coconut Curry (v)
CARBOHYDRATE	Roast Potatoes	Noodles	Mashed Potatoes	Mashed Potatoes	Chips or Rice
VEGETABLES	Vegetable Medley	Green Beans	Baby Carrots or Broccoli	Peas and Sweetcorn	Peas