

# Academy Winter Menu | 2022-23

	MONDAY	TUESDAY	WEDNESDAY	MEAT FREE THURSDAY	FRIDAY
SOUP	Lentil (v)	Tomato & Red Pepper (v)	Chicken Noodle	Yellow Pea (v)	Leek & Potato (v)
MAIN MEAL	Traditional Mince in Gravy	Chicken Korma	Salmon Fish Fingers	Vegetable Fajitas (v)	Breaded Haddock
MAIN MEAL(V)	Vegetable Lasagne (v)	Philly Cheese & Vegetable Wrap (v)	Quorn Chilli Nachos (v)	Cauliflower Cheese (v)	Spanish Style Rice (v)
CARBOHYDRATE	Baby Boiled Potatoes	Rice	Mashed Potatoes	Cous Cous	Chips
VEGETABLES	Carrots	Sweetcorn	Baked Beans Or Green Beans	Seasonal Vegetables	Peas

Weeks beginning 31 October; 21 November; 12 December; 16 January; 6 February; 27 February; 20 March

	MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable (v)	Carrot & Coriander (v)	Broth (v)	Lentil (v)	Minestrone (v)
MAIN MEAL	Chicken in Blackbean Sauce	Macaroni Cheese (v)	Roast Chicken with Mealie	Beef Lasagne	Breaded Haddock
MAIN MEAL (v)	Vegan Quesadilla (v)	Vegetarian Sausage Roll (v)	Sweet Potato and Coconut Curry (v)	Loaded Potato Skins (v)	Oriental Noodles (v)
CARBOHYDRATE	Noodles	Mashed Potatoes	Roast Potatoes Or Rice	Garlic Bread	Potato Wedges
VEGETABLES	Seasonal Vegetable Medley	Baked Beans Or Broccoli	Brussels Sprouts	Sweetcorn	Peas

Weeks beginning 7 November; 28 November; 19 December; 23 January; 13 February; 6 March; 27 March.

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Spicy Lentil (v)	Seasonal Butternut Squash & Sweet Potato (v)	Yellow Pea (v)	Tomato (v)	Cream of Chicken
MAIN MEAL	4 Cheese Ravioli in Tomato Sauce (v)	Stovies with Oatcake	Turkey Meatballs with Tomato Sauce	Chicken Pie	Breaded Haddock
MAIN MEAL	Vegetarian Shepherd's Pie (V)	Cream Cheese & Leek Quiche (v)	Roast Quorn Vegan Fillet in Gravy (v)	Curried Lentil Burger with Salsa (v)	Broccoli Bake (v)
CARBOHYDRATE	Garlic Bread	Herbie Diced Potatoes	Pasta Twists Or Roast Potatoes	Mashed Potatoes	Chips
VEGETABLES	Broccoli	Green Beans Or Beetroot	Local Carrots	Sweetcorn	Peas

Weeks beginning 14 November; 5 December; 9 January; 30 January; 20 February; 13 March.