



# 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
<b>WEEK ONE</b>	Chicken Curry <b>Jenny's</b> Vegetable Biryani Pilaf Rice Jacket Potato & Fillings Peas & Sweetcorn  <b>Emma's</b> Cinnamon Palmier Fresh Fruit	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo, Salmon Mayo  Vegetable Medley  <b>Denise's</b> 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	<b>Suzette's</b> Jerk Chicken Cheese & Tomato Flan Jollof Rice Jacket Potato & Fillings Vegetable Medley  Ice Cream & Wafers Fresh Fruit	Fish Fillet <b>Sharon's</b> 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, 21/10/19

<b>WEEK TWO</b>	Tuna Pasta Bake Cheesy Veggie Pasta  Jacket Potato & Fillings Carrots & Peas  Fruity Flapjack & Vanilla Sauce Fresh Fruit	<b>Teresa's</b> BBQ Chicken Slice Veggie Wrap Oven Baked Wedges Jacket Potato & Fillings Sweetcorn  Jelly & Fruit Cocktail Fresh Fruit	Oven Baked Sausages <b>Lucy's</b> Veggie Sausage Roll Creamy Mash Potato Jacket Potato & Fillings Peas  Yoghurt Fresh Fruit	<b>Pam's</b> 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

<b>WEEK THREE</b>	Cheese & Tomato Pizza Mixed Pepper Pizza Herby-Diced Potato Jacket Potato & Fillings Sweetcorn & Carrots  <b>Lisa's</b> Ginger & Lemon Sponge & Custard Fresh Fruit	<b>Wendy's</b> 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  <b>Sharon's</b> 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

