

Ryhope Infant School Academy  
Menu Sept 2019 to July 2020

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Beef burger in a bun with Potato Rosti	Mac & Cheese with Tomato Bread	Chicken Italino in Tomato Sauce with Spaghetti	Roast Beef Yorkie Wrap with Roast Potatoes	Seaside Fish Fillet with Chips
Meal 2	Quorn Fried Rice with Vegetable Noodles	Spicy Vegetable Taco with New Potatoes	Pizza with Herby Diced Potatoes	Cheese & Rice Cake with Jacket Wedges	Sticky Citrus Quorn with Sunshine Rice
Desserts	Ice Cream Roll with Fruit	Rice Pudding with Shortcake finger	Toffee Apple Muffin	Fresh Fruit Thursday with Fruit Yoghurt	Jam & Lemon Cake with Custard
Selected Fresh Fruit & Yoghurt available as a daily alternative					
Drinks	Milk or water				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Pizza with Seasoned Wedges	Steak Casserole & Herby Dumplings with Duchess Potatoes	Chilli Con Carne with Tortilla	Roast Chicken with Yorkshire Pudding and Creamed Potato	Fish Fingers with Chips
Meal 2	Vegetarian Bolognese with Herby Bread	Vegetable Fajita with Spicy Rice	Cheese Pasty with Baby New Potatoes	Tomato Risotto with Jacket Wedges	Vegetable Stir Fry with Chips BBQ Noodles
Desserts	Waffle with Fruit & Ice Cream	Fruit Sponge & Custard	Tangy Oaty Crunch	Fresh Fruit Thursday with Fruit Yoghurt	Carrot Cake Muffin
Selected Fresh Fruit & Yoghurt available as a daily alternative					
Drinks	Milk or water				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Penne Pasta served in a Rich Tomato Sauce Saute Potatoes	Savoury Mince Pie  with New Potatoes	Chicken Curry  with Rice/ Naan Bread	Pork Sausage, Yorkshire Pudding & Gravy with Creamed Potato	Lemon Salmon Fillet  with Chips
Meal 2	Vegetable Chow Mein with Savoury Rice	Vegetable Fajitas with New Potatoes	Spaghetti in Tomato Sauce with Rosemary Diced Potatoes	Savoury Cheese Quiche with Roast Potatoes	Broccoli Pasta Bake with Cheesy Bread
Desserts	Fruit Crunch with Custard	Fruit Jelly or Cheesecake with cream	Chocolate Orange Brownie with custard	Fresh Fruit Thursday Fruit Yoghurt	Lemon Muffin
Selected Fresh Fruit & Yoghurt available as a daily alternative					
Drinks	Milk or water				