

St Botolphs C E

Academy Menus...

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta and Bolognaise	Chinese Chicken	Cottage pie and gravy	Roast Chicken Breast and Stuffing	Fish fingers (omega3)
Vegetarian Option	Vegetable Pasta Bake <v>	Vegetable and Mixed Bean savoury Rice <v>	Macaroni Cheese	Cheese and Onion Pastry <v>	Quorn Sausage <v>
Starchy Food	Garlic Bread Pasta	Noodles	Potato topping	Roast Potatoes	Waffles
Vegetables	Contained in the sauce	Contained in sauce	Carrots and Sweetcorn	Cauliflower and Broccoli	Baked Beans and Peas
Jacket's	Jacket potato with a choice of filling	Jacket Potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling
Dessert	Chocolate Crispie Cakes	Fruit Muffins	Apple and Forest Fruit Crumble	Jam Sponge and Custard	Homemade Decorated Cupcakes
Sandwich	Ham Sandwich or Cheese Soft Roll	Tuna Mayo Pasta or Cheese Wrap	Ham Baguette or Cheese Sandwich	Pork Soft Roll or Tuna Mayo Wrap	Chicken Mayo Wrap/ Cheese Soft Roll
Dessert	A selection of yoghurts/ Fresh fruit and other options will be available as an alternative dessert				

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Burger in a soft bun	Butchers Sausage and Rich Gravy	Cheese and Tomato French Bread Pizza	Roast Pork and Apple Sauce	Chicken nuggets
Vegetarian Option	Roasted Mediterranean vegetable Plait <v>	Quorn Chilli and Rice <v>	Cheese and Tomato Quiche <v>	Roasted Vegetable Wrap <v>	Vegetable burger <v>
Starchy Food	Potato footballs	Creamy mash Potato Rice	Seasoned Wedges	Roast New Potatoes	Oven Chips
Vegetables	Baked Beans/Sweet corn	Carrots and Broccoli	Fresh Garden salad Homemade Coleslaw	Carrots and Cauliflower	Baked Beans and Peas
Jacket's	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of fillings	Jacket potato with a choice of filling
Dessert	Homemade Flapjack	Homemade Biscuits and Milk	Jam Roly Poly and Custard	Marble sponge and custard	Homemade Chocolate Brownie
Sandwich	Tuna Mayo Wrap or Cheese Sandwich	Cooked Sliced Chicken or Cheese Wrap	Pork Soft Roll or Tuna Sandwich	Ham Baguette or Jam Sandwich	Tuna Mayo Baguette or Cheese Sandwich
Dessert	A selection of yoghurts/ Fresh fruit and other options will be available as an alternative dessert				

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Academy Menus...

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Mild Chicken Curry	Homemade Sausage roll	Chicken and Vegetable Stew and Dumplings	Meatballs with a Home-made Tomato Sauce	Fish Friday (omega 3)
Vegetarian Option	Vegetable Cous Cous <v>	Cheese and chive Potato Skins <v>	Red Lentil Curry <v>	Tomato and Basil Pasta <v>	Quorn Hotdog in a Bread Bun <V>
Starchy Food	Rice	Seasoned Wedges	New Potato Rice	Pasta	Oven chips
Vegetables	Contained in the sauce	Baked Beans and Sweetcorn	Contained in the Stew and curry sauce	Contained in sauce	Baked Beans/mushy peas
Jacket's	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling	Jacket potato with a choice of filling
Dessert	Cookie and milkshake	Wellington Fudge cake and custard	Fruit Jelly	Fruit Cobbler and Custard	Ice Cream and Fruit Salad
Sandwich	Ham Baguette or Jam Sandwich	Sliced Chicken on soft roll or Tuna Mayo Wrap	Ham Sandwich or Cheese Wrap	Tuna Sandwich or Cheese soft roll	Pork soft Roll/Tuna Mayo Sandwich
Dessert	A selection of yoghurts/ Fresh fruit and other options will be available as an alternative dessert				