

Marine Academy Secondary Lunch Menu Summer 24

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese & bacon <i>Gluten, Dairy, Sulphites</i>	Meatballs & pasta <i>Gluten</i>	Chicken and bacon pie & potatoes <i>Dairy, Gluten</i>	Tuna pasta bake <i>Gluten, Dairy, Fish</i>	Sausage & chips <i>Gluten, Sulphites</i>
Vegetarian	Mediterranean pasta bake <i>Gluten, Dairy</i>	Vegetarian meatballs & pasta <i>Gluten</i>	Stuffed peppers & potatoes	Three cheese pizza & wedges <i>Gluten, Dairy</i>	Vegetable finger & chips <i>Gluten</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>
Grab & Go	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
	Jumbo hot dog <i>Gluten, Sulphites</i>	Sweet chilli chicken Baguette <i>Gluten</i>	Meatball Sub <i>Gluten</i>	Pizza ciabatta <i>Gluten, Dairy</i>	Ham & Cheese Baguette <i>Gluten, Dairy, Fish</i>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef chilli & wedges	Chicken curry, rice, and naan bread <i>Gluten</i>	Roast chicken dinner <i>Gluten, Dairy, Egg</i>	Bacon burger pasta bake <i>Gluten, Dairy</i>	Beef burger & chips <i>Gluten, Sulphates, Soya</i>
Vegetarian	Veggie loaded potato skins <i>Dairy</i>	Vegetable curry, rice and naan bread <i>Gluten</i>	Quorn roast dinner <i>Egg, Gluten, Dairy</i>	Mixed pepper pizza & wedges <i>Gluten, Dairy</i>	Vegetable burger & chips <i>Gluten</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>
Grab & Go	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
	Jumbo Hot dog <i>Gluten & Sulphites</i>	Cheese & Ham Baguette <i>Gluten, Dairy</i>	BBQ pulled chicken baguette <i>Gluten</i>	Chicken, bacon & mayo baguette <i>Gluten, Egg</i>	Large cheeseburger <i>Gluten, Sulphites, Dairy, Soya</i>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken tikka curry & rice <i>Gluten, Dairy</i>	BBQ chicken bake & potato croquettes <i>Gluten</i>	Roast gammon dinner	Crispy chicken wrap & rice <i>Gluten</i>	Chicken & chips <i>Gluten, Dairy</i>
Vegetarian	Veggie ravioli <i>Gluten</i>	BBQ Quorn bake, potato croquettes and vegetables <i>Gluten, Egg, Dairy</i>	Cheese and tomato quiche & potatoes <i>Gluten, Egg, Dairy</i>	Three cheese pizza & wedges <i>Gluten, Dairy</i>	Falafel wrap & rice <i>Gluten, Dairy</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>
Grab & Go	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i> Bacon & cheese baguette <i>Gluten, Dairy</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i> Chicken tikka baguette <i>Gluten, Dairy</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i> BBQ chicken melt baguette <i>Gluten, Dairy</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i> Breakfast wrap <i>Gluten, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i> Crispy chicken baguette <i>Gluten, dairy</i>

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & chorizo pasta bake <i>Gluten, Dairy</i>	Sweet and sour chicken & rice	Roast turkey dinner <i>Gluten, Dairy, Egg</i>	Pepperoni pizza, & herb potatoes <i>Gluten, Dairy</i>	Sausage roll & saute potatoes <i>Gluten, Soya, Dairy</i>
Vegetarian	Bubble and squeak fritters & baked beans <i>Egg</i>	Vegetable sweet and sour & rice	Vegetarian wellington <i>Gluten</i>	Creamy Mushroom pasta bake <i>Gluten, Dairy</i>	Vegan sausage roll & saute potatoes <i>Gluten</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans, coleslaw <i>Dairy, Fish, Egg</i>
Grab & Go	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
	Pepperoni pizza ciabatta <i>Gluten, Dairy</i>	Sweet chilli chicken baguette <i>Gluten</i>	Bacon baguette <i>Gluten</i>	Ham & cheese baguette <i>Gluten, Dairy</i>	Tuna mayo baguette <i>Gluten, Dairy, Fish</i>