# Marine Academy Primary Lunch Menus

**Summer Menu**

## Week 1

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main | Macaroni cheese, mixed vegetables and garlic bread (gluten free available) | Pork meatballs in gravy, mixed vegetables and rice | Chicken and bacon pie, mixed vegetables and potatoes (gluten free available) | Tuna pasta bake, mixed vegetables and garlic bread (gluten and dairy free available) | Fish fingers, chips and peas (gluten free available) |
| Vegetarian | Mediterranean pasta Bake, mixed vegetables and garlic bread, (gluten free available) | Vegetarian meatballs in gravy, mixed vegetables and rice | Stuffed peppers, mixed vegetables and potatoes (dairy free available) | 3 Cheese pizza slice, herb diced potatoes and a side of vegetables (gluten & dairy free available) | Vegetable fingers, skin on chips and peas |
| Jacket Potato | Jacket Potato with cheese, beans, or tuna mayonnaise (2 toppings per serving) | | | | |
| Sandwich | Sandwiches with a range of fillings | | | | |
| Dessert | Vanilla ice cream pot or a piece of fruit | Gingerbread person or a piece of fruit | Blueberry cake and custard or a piece of fruit | Fruit cocktail | Fruit ice lolly or a piece of fruit |

## Week 2

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main | Tomato and basil pasta bake, mixed vegetables and garlic bread (gluten free available) | Chicken curry, rice, vegetables and naan bread (gluten free available) | Roast chicken dinner (gluten, dairy & egg free available) | Cheeseburger pasta bake (gluten & dairy free available) | Beef burger, chips and salad (gluten sulphites & soya free available) |
| Vegetarian | Veggie loaded potato skins and side salad (dairy free available) | Vegetable curry, rice, vegetables and naan bread (gluten free available) | Quorn roast dinner | Mixed pepper pizza, wedges & sweetcorn (dairy and gluten free available) | Vegetable burger, chips & peas |
| Jacket Potato | Jacket Potato with cheese, beans, or tuna mayonnaise (2 toppings per serving) | | | | |
| Sandwich | Sandwiches with a range of fillings | | | | |
| Dessert | Yogurt or a fruit | Chocolate Mousse or a piece of fruit | Lemon cheesecake slice or a piece of fruit | Coconut and cherry bun or a piece of fruit | Choc Chip cookie or a piece of fruit |

## Week 3

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main | Vegetarian ravioli, garlic bread and vegetables | BBQ chicken bake, potato croquettes & vegetables (gluten free available) | Roast gammon dinner | Chicken Quesadilla, sautéed potatoes and vegetables | Breaded chicken steak, chips and peas |
| *Allergens* | Gluten | Gluten | (none) | Gluten, Dairy | Gluten |
| Vegetarian | Vegan sausage roll, herb potatoes and vegetables | BBQ quorn bake, potato croquettes and vegetables | Cheese and tomato quiche, potatoes and vegetables | Three cheese pizza, sautéed potatoes and vegetables (Dairy and gluten free available) | Falafel wrap, savoury rice and salad |
| *Allergens* | Gluten | Gluten, Egg | Gluten, Dairy, Egg | Gluten, Dairy | Gluten, Dairy |
| Jacket Potato | Jacket Potato with cheese, beans, or tuna mayonnaise (2 toppings per serving) | | | | |
| Sandwich | Sandwiches with a range of fillings | | | | |
| Dessert | Pancakes & chocolate sauce or a piece of fruit | Yogurt or a piece of fruit | Homemade apple crumble and custard (gluten and dairy free available)/ piece of fruit | Cocoa shortbread cookie or a piece of fruit | Fruit ice lolly or a piece of fruit |
| *Allergens* | Dairy, Egg, Gluten | Dairy | Dairy, Gluten | Gluten | (none) |

## Week 4

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main | Tomato and mascarpone pasta bake | Sweet and sour chicken rice and vegetables | Roast turkey dinner | Pepperoni pizza, herb potatoes and vegetables (gluten and dairy free available) | Sausage roll, chips and peas |
| *Allergens* | Gluten, Dairy | (none) | Gluten, Dairy, Egg | Gluten, Dairy | Gluten, Sulphates, Soya, Dairy |
| Vegetarian | Bubble and squeak fritters, baked beans and salad | Vegetable sweet and sour rice and vegetables | Vegetarian wellington potatoes and vegetables | Creamy Mushroom pasta bake and garlic bread | Vegetable sausage, chips and veg |
| *Allergens* | Egg | (none) | Gluten | Gluten, Dairy | Gluten |
| Jacket Potato | Jacket Potato with cheese, beans, or tuna mayonnaise (2 toppings per serving) | | | | |
| Sandwich | Sandwiches with a range of fillings | | | | |
| Dessert | Belgium waffles and strawberry sauce or a piece of fruit | Cherry flapjack or a piece of fruit | Chocolate sponge & custard or a piece of fruit | Jelly pot or a piece of fruit | Chocolate brownie or a piece of fruit |
| *Allergens* | Dairy, Soya, Gluten | Sulphates, Dairy | Gluten, Egg | (none) | Egg, Gluten |

### Allergens Key

| Colour | Allergen | Colour | Allergen |
|---|---|---|---|
| Red | Dairy | Blue | Gluten |
| Magenta | Sulphates | Orange | Celery |
| Grey | Soya | Black | Egg |
| Green | Fish | Yellow | Mustard |

The menu is subject to change according to availability.

All of the food on our menus is homemade and freshly made every day. Please find the allergens key to the left.