

Marine Academy Primary and Nursery Lunch Menus



Week Beginning 16th April will be Week 1.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
1	Toad in the Hole with a Selection of Vegetables and Gravy <i>GF available</i>	Meatballs in Tomato Sauce with Pasta and Garlic Bread <i>GF available</i>	Roast Chicken with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy <i>GF available</i>	Chicken and Ham Pie with a Selection of Vegetables, Potatoes and Gravy	Scampi, a Selection of Vegetables and Chips
2	Spanish Omelette with a Selection of Vegetables <i>GF</i>	Three Bean Chilli with Rice <i>GF</i>	Quorn Fillet Casserole with a Selection of Vegetables and Gravy <i>GF available</i>	Vegetable Stir Fry with Noodles <i>GF available</i>	Quorn Southern Fried Chicken with a Selection of Vegetables and Chips
3	Chicken Kebabs with Potato Wedges <i>GF</i>	Beef Burgers in a Bap with Chips	Roast Chicken Wrap	Ham and Vegetable Enchilada	Prawn Burrito
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
5	Sandwiches with a Range of Fillings				
Dessert	Apple and Berry Crumble	Strawberry Mousse <i>GF</i>	Chocolate Tart	Vanilla Ice Cream <i>GF</i>	Mango Smoothie <i>GF</i>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chicken Pasta Bake with Garlic Bread <i>GF available</i>	Pepperoni Pizza and Potato Wedges <i>GF available</i>	Roast Gammon with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy <i>GF available</i>	Sausage and Mashed Potato with Gravy and a Selection of Vegetables <i>GF available</i>	Fish Fingers, a Selection of Vegetables and Chips
2	Cheese Ravioli in Tomato Sauce with Garlic Bread	Margherita Pizza and Potato Wedges <i>GF available</i>	Cauliflower Cheese with a Selection of Vegetables, Potatoes and Gravy <i>GF</i>	Egg and Vegetable Fried Rice <i>GF</i>	Three Bean Burger in a Bap with Chips
3	Cheese and Onion Pasty	Sausage Roll	Roast Gammon Baguette	Pulled Pork Wrap	Cheese and Bacon Square
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
5	Sandwiches with a Range of Fillings				
Dessert	Strawberries and Cream <i>GF</i>	Chocolate Brownie	Banana Split <i>GF</i>	Fresh Fruit Salad <i>GF</i>	Rice Pudding with Fruit <i>GF</i>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chilli Con Carne with Rice GF	Southern Fried Chicken with Corn on the Cob and Mashed Potato GF available	Roast Beef with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy GF available	Chicken Curry with Rice and Poppadums GF available	Ham, Egg and Chips GF
2	Sweetcorn and Pea Fritter with Potato Wedges GF available	Quorn Sausage with a Selection of Vegetables and Mashed Potato	Lentil Roast with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy GF available	Thai Vegetable Curry with Rice and Poppadums GF	Vegetable Risotto GF
3	Meat Kebab	Chicken Caesar Salad GF	Roast Beef Panini	Bacon and Cheese Bagel	Fish Finger Sandwich
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
5	Sandwiches with a Range of Fillings				
Dessert	Apple Strudel	Strawberry Ice Cream GF	White Chocolate Cookie with Raspberries	Summer Berry Jelly GF	Jam Tart

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
1	Cottage Pie with a Selection of Vegetables GF	Chicken Goujons with Potato Wedges and Corn on the Cob	Roast Pork with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy GF available	Spaghetti Bolognese with Garlic Bread GF available	Cock-a-Leekie Stew (Chicken and Leek Stew) with Mashed Potato GF
2	Egg and Vegetable Pitta with a Selection of Vegetables	Cheese and Onion Quiche and Wedges	Quorn Sausage Toad in the Hole with a Selection of Vegetables and Gravy GF available	Macaroni Cheese with Garlic Bread GF available	Falafel Flatbread with Hummus and Vegetable Tapas
3	Steak Pasty	Hot Dog	Roast Pork Taco	Chicken Burgers in a Bap with Chips	Tuna Pasta Bake GF available
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
5	Sandwiches with a Range of Fillings				
Dessert	Fresh Fruit Salad GF	Raspberry Cheesecake	Fruit Tart	Chocolate Ice Cream GF	Milkshake GF

All of the food on our menus is homemade and freshly made every day.

Side salad and/or seasonal fresh vegetables are served with every food option. Yoghurts and fruit are available daily for dessert.

