

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	Meatballs in Tomato Sauce with Pasta and Garlic Bread	Roast Chicken with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy	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	Three Bean Chilli with Rice	Quorn Fillet Casserole with a Selection of Vegetables and Gravy	Vegetable Stir Fry with Noodles	Quorn Southern Fried Chicken with a Selection of Vegetables and Chips
3	Chicken Kebabs with Potato Wedges	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	Chocolate Tart	Vanilla Ice Cream	Mango Smoothie

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chicken Pasta Bake with Garlic Bread	Pepperoni Pizza and Potato Wedges	Roast Gammon with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy	Sausage and Mashed Potato with Gravy and a Selection of Vegetables	Fish Fingers, a Selection of Vegetables and Chips
2	Cheese Ravioli in Tomato Sauce with Garlic Bread	Margherita Pizza and Potato Wedges	Cauliflower Cheese with a Selection of Vegetables, Potatoes and Gravy	Egg and Vegetable Fried Rice	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	Chocolate Brownie	Banana Split	Fresh Fruit Salad	Rice Pudding with Fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chilli Con Carne with Rice	Southern Fried Chicken with Corn on the Cob and Mashed Potato	Roast Beef with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy	Chicken Curry with Rice and Poppadums	Ham, Egg and Chips
2	Sweetcorn and Pea Fritter with Potato Wedges	Quorn Sausage with a Selection of Vegetables and Mashed Potato	Lentil Roast with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy	Thai Vegetable Curry with Rice and Poppadums	Vegetable Risotto
3	Meat Kebab	Chicken Caesar Salad	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	White Chocolate Cookie with Raspberries	Summer Berry Jelly	Jam Tart

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
1	Cottage Pie with a Selection of Vegetables	Chicken Goujons with Potato Wedges and Corn on the Cob	Roast Pork with Yorkshire Puddings, a Selection of Vegetables, Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread	Cock-a-Leekie Stew (Chicken and Leek Stew) with Mashed Potato
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	Macaroni Cheese with Garlic Bread	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
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
5	Sandwiches with a Range of Fillings				
Dessert	Fresh Fruit Salad	Raspberry Cheesecake	Fruit Tart	Chocolate Ice Cream	Milkshake

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.

