

Marine Academy Primary Lunch Menus

Week 1

Week 1	Mon	Tues	Wed	Thurs	Fri
1	Meat and vegetable pie with wedges	Chilli with Rice	Chicken pasta with garlic bread	Roast Turkey with roast potatoes and gravy	Fish Cake with wedges
2	Peppers Quiche with wedges	Pizza and wedges	Cauliflower Cheese with potatoes	Stir Fry Noodles with potatoes	Quiche with wedges
3	Chicken wrap with wedges	Sausage in a bap with wedges	Cheese and bean pastry with potatoes	BBQ Chicken in a bap with potatoes	Pizza with wedges
4	Jacket potato with tuna and mayonnaise	Jacket potato with ham and sweetcorn	Jacket potato with baked beans	Jacket potato with tuna and sweetcorn	Jacket potato with coronation chicken
5	Chicken Mayo Sandwich	Ham sandwich	Ham and tomato sandwich	Tuna and sweetcorn sandwich	Egg and bacon sandwich
Dessert	Homemade iced cake	Chocolate cake	Fruit Shortbread Biscuits	Flapjack	Homemade cookie

Week 2

Week 2	Mon	Tues	Wed	Thurs	Fri
1	Sausage and onion with mashed potato and gravy	Spaghetti bolognese with garlic bread	Pizza with wedges and corn on the cob	Roast Gammon with roast potatoes and gravy	Fish cakes with mash
2	Macaroni Cheese with garlic bread	Homity Pie with garlic Bread	Egg and cheese square with wedges	Risotto with roast potatoes	Pizza with wedges
3	Chicken wrap with sauté potatoes	Quiche with wedges	Bacon and cheese square with wedges	Chinese chicken in a bap with roast potatoes	Chicken and bacon wrap with wedges
4	Jacket potato with cheese and coleslaw	Jacket potato with ham and coleslaw	Jacket potato with cheese	Jacket potato with tuna and sweetcorn	Jacket potato with baked beans
5	Cheese and coleslaw sandwich	Ham sandwich	Egg mayo sandwich	Roast Gammon roll	Tuna and sweetcorn roll
Dessert	Vanilla ice cream	Shortbread	Yoghurt or fruit	Milkshake	Homemade cookie

Available Daily: Salad, carrot batters and veg of the day. Cheese and beans for Jacket Potatoes. Also, yoghurt for dessert.

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Week 3

Week 3	Mon	Tues	Wed	Thurs	Fri
1	Chicken nuggets with sauté potatoes	Lasagne with garlic bread	Cottage Pie	Roast Beef with roast potatoes and gravy	Fish fingers and chips
2	Quorn sausage in a bap with sauté Potatoes	Cheesy pasta with garlic bread	3 Bean Chilli with rice	Tomato wrap in cheese sauce with roast potatoes	Bean and cheese round with chips
3	Chicken wrap with sauté potatoes	BBQ Chicken roll with wedges	Chicken and sweetcorn wrap with wedges	Cheese and bacon square with roast potatoes	Burger and salad bap with chips
4	Jacket potato with cheese and coleslaw	Jacket potato with bolognaise sauce	Jacket potato with coronation chicken	Jacket potato with baked beans	Jacket potato with bacon and baked beans
5	Cheese and ham sandwich	BLT sandwich	Egg mayonnaise sandwich	Roast Beef roll	Ham and salad roll
Dessert	Banana cake	Jam Sponge or fruit	Chocolate Shortbread	Strawberry ice cream	Homemade cookie

Week 4

Week 4	Mon	Tues	Wed	Thurs	Fri
1	Beef burgers in a bap with spicy wedges	Beef casserole with mash	Chicken burgers with wedges	Roast Chicken with roast potatoes and gravy	Breaded Fish portion with chips
2	Pepper quiche with spicy wedges	Toasted cheese and tomato wrap with chips	Cheese and bean pot	Cauliflower cheese with roast potatoes	Cheese and bean pastry with chips
3	Bacon and cheese bagel with spicy wedges	Pizza and chips	Chicken wrap with wedges	Toasted ham and pickle wrap with roast potatoes	Chinese chicken in a bap with chips
4	Jacket potato with tuna and mayonnaise	Jacket potato with ham and coleslaw	Jacket potato with cheese and beans	Jacket potato with coleslaw	Jacket potato with baked beans
5	Chicken and coleslaw sandwich	Ham sandwich	Tuna and sweetcorn sandwich	Ham and pickle sandwich	Egg and bacon sandwich
Dessert	Custard Biscuit	Marbled Sponge	Chocolate Brownie	Coconut Crunchie	Lemon biscuit

Available Daily: Salad, carrot batters and veg of the day. Cheese and beans for Jacket Potatoes. Also, yoghurt for dessert.