

Marine Academy Primary, Trevithick Road, St. Budeaux, Plymouth PL5 2AF

T: 01752 213939 W: <http://www.marineacademy.org.uk/primary/>

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Week 1	Mon	Tues	Wed	Thurs	Fri
1	Cornish Beef Burger with Sweet Potato Fries	Chicken and Bacon Pizza	Roast Pork with Potatoes and Gravy	Theme Day Choice 1	Tuna Pasta Bake
2	3 Bean Burger with Sweet Potatoes	Tomato, Basil and Mozzarella Pizza	Root Vegetable Bake with Gravy and Potatoes	Theme Day Choice 2	Macaroni and Cauliflower Cheese
3	Chicken Caesar Salad	Pepperoni Pizza	Pulled Pork Wrap	Theme Day Choice 3	Chicken Tomato and Mozzarella Tart
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
Dessert	Apple and Berry Crumble	Pineapple and Mango with Granola and Yoghurt	Lemon Tart	Vanilla Ice Cream	Strawberry and Banana Smoothie

Week 2	Mon	Tues	Wed	Thurs	Fri
1	Sausage and Mash with Gravy	Piri Piri Chicken with Sweet Potato Mash	Roast Beef with Potatoes and Gravy	Theme Day Choice 1	Fish Burger with Sautéed Potatoes
2	Quorn Sausage and Mash with Gravy	Piri Piri Quorn Fillet with Sweet Potato Mash	Chickpea And Quinoa Loaf with Potatoes and Gravy	Theme Day Choice 2	Vegetable Risotto
3	Sausage and Onion Quiche	Piri Piri Chicken Flatbread	Beef and Cream Cheese Bagel	Theme Day Choice 3	Falafel Flatbread with Hummus and Mint Yoghurt
4	Jacket Potato With Cheese, Beans, Tuna Or Cheese And Beans				
Dessert	Strawberries, Cream and Meringue	Chocolate Brownie	Berry Trifle	Pineapple Upside Down Cake	Baked Rice Pudding with Peaches

All of the above served with seasonal fresh vegetables or side salad. The Theme Day Choices will be sent home and put onto Facebook on the Friday before.



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Week 3	Mon	Tues	Wed	Thurs	Fri
1	Cottage Pie	Chicken and Bacon Pizza	Roast Chicken	Theme Day Choice 1	Homemade Fishcakes with Sweet Potato Wedges
2	Root Vegetable Casserole	Tomato, Basil and Mozzarella Pizza	Egg and Vegetable Fried Rice	Theme Day Choice 2	Chickpea and Sweet Potato Cake
3	Chickpea and Vegetable Panini	Pepperoni Pizza	Chicken Caesar Salad	Theme Day Choice 3	Fish Taco with Avocado and Cucumber Salsa
4	Jacket Potato with Cheese, Beans, Tuna or Cheese and Beans				
Dessert	Peach and Apricot Crumble	Strawberry Ice Cream	Flapjack with Raspberries	Winter Berry Jelly	Lemon Posset

Week 4	Mon	Tues	Wed	Thurs	Fri
1	Beef Lasagne with New Potatoes	Southern Fried Chicken with Wedges	Roast Gammon With Potatoes And Gravy	Theme Day Choice 1	Scampi and Chips
2	Butterbean and Vegetable Lasagne with New Potatoes	Southern Fried Quorn Fillet with Wedges	Butterbean And Vegetable Tart	Theme Day Choice 2	Sweetcorn and Pea Fritter with Fries
3	Spanish Omelette with New Potatoes	Southern Fried Chicken Salad	Ham And Vegetable Enchilada	Theme Day Choice 3	Scampi Flatbread
4	Jacket Potato with Cheese, Beans, Tuna or Cheese And Beans				
Dessert	Fresh Fruit Salad	Raspberry Cheesecake	Fruit Tart	Apple and Cherry Pie	Milkshake

All of the above served with seasonal fresh vegetables or side salad. The Theme Day Choices will be sent home and put onto Facebook on the Friday before.

