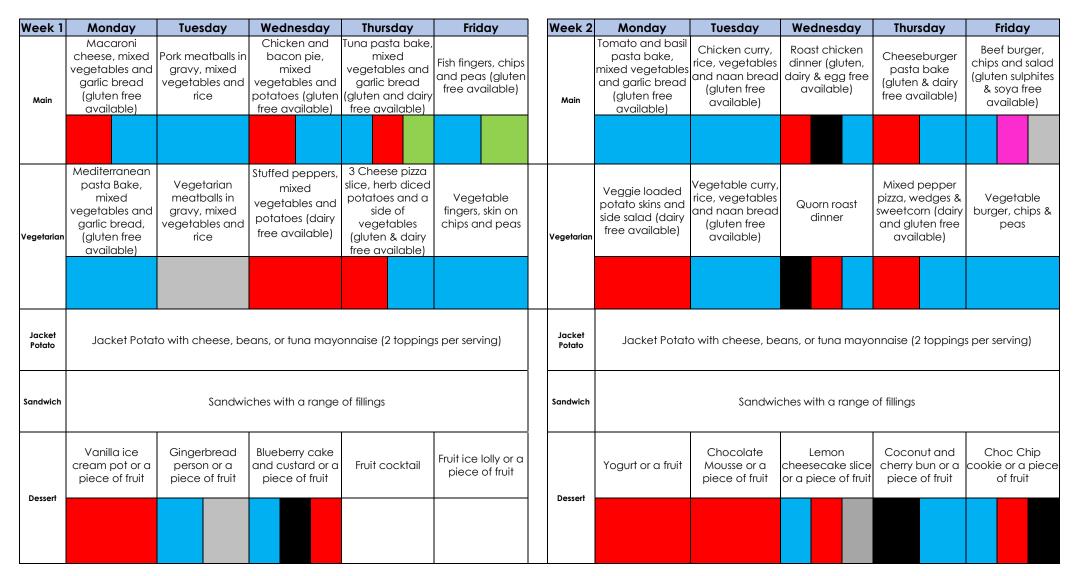
Marine Academy Primary Lunch Menu

<mark>Autumn Menu</mark>





Week 3	Monday	Tuesday	Wednesday	Thursday	Friday		Week 4		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	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	
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		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
Jacket Potato	Jacket Potat	o with cheese, bee	ans, or tuna mayo	onnaise (2 topping	gs per serving)		Jacket Potato	Jacket Potat	o with cheese, bec	ins, or tuna mayo	onnaise (2 topping	s per serving)
Sandwich	Sandwiches with a range of fillings						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 Iolly or a piece of fruit		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

Dairy	Gluten
Sulphates	Celery
Soya	Egg
Fish	Mustard

The menu is subject to change according to availability.

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