

# Marine Academy Primary

## Lunch Menus

Starting Week 11<sup>th</sup> November 2024



the university school

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese, garlic bread and vegetables (dairy and gluten Free available)	Mild beef chilli, white rice and vegetables	Roast chicken dinner (gluten, dairy and egg free available)	Chicken quesadilla, herb diced potatoes and vegetables (dairy free available)	Fishcake, chips and peas (gluten free available)
Vegetarian	Vegetable spring rolls, seasoned rice and vegetables	Mixed Bean chilli, white rice and vegetables	Quorn roast dinner	Three cheese pizza Herb diced potatoes and vegetables (dairy and gluten free available)	Veggie loaded potatoes topped with cheese (dairy free available)
Jacket Potato	Jacket Potato with cheese, beans, tuna or cheese and beans.				
Sandwich	Sandwiches with a range of fillings.				
Dessert	Vanilla ice cream pot or fruit	Spanish Churro with cinnamon sugar or fruit	Fruit cocktail or fruit	Vanilla and chocolate chip sponge and custard or fruit	Chocolate chip cookie or fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tomato and basil pasta bake, garlic bread and vegetables. (dairy and gluten free available)	Pork meatballs in tomato sauce, fusilli pasta and vegetables	Chicken casserole, creamy mash potato and vegetables	Chicken and sweetcorn pizza, spiced wedges & a side of vegetables (dairy and gluten free available)	Crispy battered chicken burger in a bun, chips and peas (gluten free available)
Vegetarian	Quorn Bolognese, spaghetti, garlic bread and vegetables	Vegan meatballs in tomato sauce, fusilli pasta and vegetables (gluten free available)	Quorn casserole, creamy mash potato and vegetables	Veggie chili taco bowl and vegetables (dairy free available)	Veggie burger in a bun, chips and peas
Jacket Potato	Jacket Potato with cheese, beans, tuna or cheese and beans.				
Sandwich	Sandwiches with a range of fillings.				
Dessert	Yogurt or fruit	Belgium waffle and syrup or fruit	Strawberry jelly and cream or fruit	Lemon sponge cake and custard or fruit	Chocolate orange shortbread or fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese, garlic bread and vegetables (gluten and dairy free available)	Chicken and pepperoni pasta bake and vegetables (gluten and dairy free available)	Turkey roast dinner (gluten & dairy free available)	BBQ sausage pizza, sauteed potatoes and vegetables (gluten and dairy free available)	Chicken tikka masala, white rice, Naan bread and vegetables
Vegetarian	Tomato and basil pasta bake, garlic bread and vegetables (gluten and dairy free available)	Mixed bean burrito with a side salad	Homemade veggie wellington, roast potatoes and vegetables	Creamy mushroom pasta bake, garlic bread and vegetables (gluten free available)	Sweet chilli vegetable stir fry with egg noodles
Jacket Potato	Jacket Potato with cheese, beans, tuna or cheese and beans.				
Sandwich	Sandwiches with a range of fillings.				
Dessert	Chocolate mouse or fruit	Banana bread or fruit	Fruit cocktail or fruit	Cinnamon swirl or fruit	Blue berry cake and custard or fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheesy wheel, oven roasted new potatoes and vegetables	Pasta Bolognese, garlic bread and vegetables (gluten free available)	Minced beef and gravy pie, roast potatoes and vegetables (gluten free available)	Chicken fajita, seasoned rice and vegetables (dairy free available)	Pork sausage roll, chips and peas
Vegetarian	Mushroom stroganoff, white fluffy rice and vegetables	Veggie Bolognese, fusilli pasta, garlic bread and vegetables (gluten free available)	Broccoli & cheese quiche, roast potatoes and vegetables	Three cheese pizza, spiced wedges and vegetables (gluten and dairy free available)	Vegan sausage roll, chips and peas
Jacket Potato	Jacket Potato with cheese, beans, tuna or cheese and beans.				
Sandwich	Sandwiches with a range of fillings.				
Dessert	American pancake and syrup or fruit	Vanilla fairy cake or fruit	Yogurt or fruit	School iced cake or fruit	Creamy rice pudding or fruit

Dairy	Gluten
Sulphates	Celery
Soya	Egg
Fish	Mustard

Please find the allergens key to the left.

Menu & allergens subject to change according to availability.