

WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable pie or chicken curry	Shredded Chicken or Pulled Pork with BBQ sauce or Gravy	Minced beef and Dumplings or mince pudding	Roast Dinner Day	Fresh baked fish or Quorn chicken dippers
Option 2	Meatballs in a Tomato Sauce with Pasta (V) Or Bolognaise with pasta (V)	Pizza (V)	Homemade cheese pasty (V)	Burger in a bun (Beef and/or Quorn (V))	Curry with Rice (V)
Sides	<ul style="list-style-type: none"> Mixed Vegetables Cauliflower Mashed potato 	<ul style="list-style-type: none"> Sweetcorn Green beans Peas Wedges Mash 	<ul style="list-style-type: none"> Carrots Broccoli Boiled potatoes Mash 	<ul style="list-style-type: none"> Beans Sweetcorn Broccoli Wedges Mash 	<ul style="list-style-type: none"> Peas Carrots Chips
Dessert	<ul style="list-style-type: none"> Rice pudding Angel Delight Jelly, fruit & Ice cream Yoghurt 	<ul style="list-style-type: none"> Cornflake Tart & custard Instant Dessert with Fruit Yoghurt 	<ul style="list-style-type: none"> Sponge cake and custard Yoghurt 	<ul style="list-style-type: none"> Apple Crumble and Custard Homemade biscuits Jelly and Fruit Yoghurt 	<ul style="list-style-type: none"> Cheesecake Ice cream and Fruit Yoghurt



- ALSO AVAILABLE DAILY:**
- **Pasta King bar** (where applicable)
 - **Jacket potato with Filling** (where applicable)
 - **Salad Bar**
 - **Sandwiches or Subs or Wraps**
 - **Cheese & Crackers**
 - **Fresh Fruit**
 - **Bread**
 - **Drinking Water**
 - **Wholegrain Pasta/Rice/Bread also available**

All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.

MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mince Crumble	Sweet Chilli Quorn Noodles (V)	Toad in the Hole	Curry with Rice	Fish Friday
Option 2	Quiche (V)	Roast Chicken Dinner	Vegetable Lasagne (V)	Pasta Bake (V)	Chilli with Rice (V)
Sides	<ul style="list-style-type: none"> Mixed Vegetables Cauliflower Mashed potato 	<ul style="list-style-type: none"> Sweetcorn Green beans Peas Wedges Mash 	<ul style="list-style-type: none"> Carrots Broccoli Boiled potatoes Mash 	<ul style="list-style-type: none"> Beans Sweetcorn Broccoli Wedges Mash 	<ul style="list-style-type: none"> Peas Carrots Chips
Dessert	<ul style="list-style-type: none"> Chocolate Brownie Jelly, fruit & Ice cream Yoghurt 	<ul style="list-style-type: none"> Jelly Instant Dessert with Fruit Yoghurt 	<ul style="list-style-type: none"> Home Made Biscuits Fruit Jelly with Fruit Yoghurt 	<ul style="list-style-type: none"> Sponge and Custard Fruit Cocktail Jelly and Fruit Yoghurt 	<ul style="list-style-type: none"> Oat and Fruit Crumble with Custard Ice cream and Fruit Yoghurt



- ALSO AVAILABLE DAILY:**
- **Pasta King bar** (where applicable)
 - **Jacket potato with Filling** (where applicable)
 - **Salad Bar**
 - **Sandwiches or Subs or Wraps**
 - **Cheese & Crackers**
 - **Fresh Fruit**
 - **Bread**
 - **Drinking Water**
 - **Wholegrain Pasta/Rice/Bread also available**

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MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Bolognese	Curry with Rice	Beef lasagne	Roast chicken and stuffing	<ul style="list-style-type: none"> • Fish Friday • Salmon Fish Cakes
Option 2	Pork or Chicken Sausages	Pizza Wrap (V)	Cheese and onion pasty (V)	Mince and dumplings or Yorkshire puddings (V)	Southern fried burger (V)
Sides	<ul style="list-style-type: none"> • Carrots • Broccoli • Mashed potato 	<ul style="list-style-type: none"> • Corn on the Cob • Mixed Vegetables • Wedges 	<ul style="list-style-type: none"> • Peas • Sweetcorn • Garlic bread • Boiled Potatoes 	<ul style="list-style-type: none"> • Three Seasonal Vegetables • Oven cooked potatoes 	<ul style="list-style-type: none"> • Peas • Beans • Chips
Dessert	<ul style="list-style-type: none"> • Fruit pie and custard • Yoghurt • Fresh Fruit • Jelly 	<ul style="list-style-type: none"> • Rice pudding • Yoghurt • Fresh Fruit • Jelly and Ice Cream 	<ul style="list-style-type: none"> • Sticky toffee pudding with custard • Yoghurt • Fresh Fruit • Fruit Cocktail 	<ul style="list-style-type: none"> • Fruit flapjack • Yoghurt • Fresh Fruit • Jelly 	<ul style="list-style-type: none"> • Sponge Cake and Custard • Yoghurt • Fresh Fruit • Fruit Smoothie



ALSO AVAILABLE DAILY:

- **Pasta King bar** (where applicable)
- **Jacket potato with Filling** (where applicable)
- **Salad Bar**
- **Sandwiches or Subs or Wraps**
- **Cheese & Crackers**
- **Fresh Fruit**
- **Bread**
- **Drinking Water**
- **Wholegrain Pasta/Rice/Bread** also available

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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry with Rice	Cheese and Tomato Pizza (V)	Roast Dinner with Yorkshire Pudding	Mince & Dumplings or Lasagne	Fish
Option 2	Pork or Quorn Sausage Casserole	Cottage Pie (V)	Macaroni (V)	Cheese and Onion Pie (V)	Curry with Rice (V)
Sides	<ul style="list-style-type: none"> Mixed Vegetables Cauliflower Mashed potato 	<ul style="list-style-type: none"> Sweetcorn Beans Peas Wedges Mash 	<ul style="list-style-type: none"> Carrots Broccoli Boiled potatoes Mash 	<ul style="list-style-type: none"> Green Beans Sweetcorn Broccoli Wedges Mash 	<ul style="list-style-type: none"> Peas Carrots Chips
Dessert	<ul style="list-style-type: none"> Home made Cookies/ Biscuits Jelly, fruit & Ice cream Yoghurt 	<ul style="list-style-type: none"> Sponge and Custard Jelly Instant Dessert with Fruit Yoghurt 	<ul style="list-style-type: none"> Oat Fruit Crunch Fruit Jelly with Fruit Yoghurt 	<ul style="list-style-type: none"> Jam Roly Poly an Custard Fruit Cocktail Jelly and Fruit Yoghurt 	<ul style="list-style-type: none"> Fruit Crumble with Custard Ice cream and Fruit Yoghurt Jelly



- ALSO AVAILABLE DAILY:**
- Pasta King bar (where applicable)
 - Jacket potato with Filling (where applicable)
 - Salad Bar
 - Sandwiches or Subs or Wraps
 - Cheese & Crackers
 - Fresh Fruit
 - Bread
 - Drinking Water
 - Wholegrain Pasta/Rice/Bread also available

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