

# MIDDLESBROUGH SCHOOL MEALS

## EAT SMART FOR A HEALTHY START!

### WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Quorn Pasta Bolognaise	Turkey Cobbler	Roast Chicken / Stuffing	Mince Pie	Quorn Burger in a Bun
Option 2	Omelette	Pizza Wrap	Macaroni Cheese	Chicken Curry and Rice	Fish
Option 3	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
Sides	Creamed Potato Parsley Potato Carrots Broccoli	Creamed Potato Baby Potatoes Cauliflower Sweetcorn	Wedges Duchess Potato Sprouts Mixed veg Cabbage	Creamed Potato Baby Potatoes Green beans Carrots	Chips Parsley Potato Beans Peas
Dessert	Fruit Oat Crumble Ice cream/wafer Yoghurt Fresh fruit Cheese and Crackers	Chocolate Sponge & Custard Festival Shortcake Yoghurt Yoghurt Fresh fruit Cheese and Crackers	Rice Pudding Jam Roly poly Yoghurt Fresh fruit Cheese and Crackers	Cheesecake Ice Cream Tubs Yoghurt Fresh fruit Cheese and Crackers	Iced sponge Homemade Biscuits Yoghurt Fresh fruit Cheese and Crackers

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## WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Quorn Cottage Pie	Hot Chicken Baguette	Roast Pork	Mince and Yorkshire Puddings	Spaghetti Bolognese (V)
<b>Option 2</b>	Toad In The Hole	Tuna Pasta Bake	Cheese and Tomato Pizza	Cheese Plait	Fish
<b>Option 3</b>	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
<b>Sides</b>	Creamed Potato Baby Potato Broccoli Sweetcorn	Creamed Potato Parsley Potato Carrots Peas	Saute Potatoes Baby Potatoes Sprouts Carrots Pease	Duchess Potatoes Wedges Green Beans Carrots	Chips Parsley Potatoes Peas Beans
<b>Dessert</b>	Cornflake Tart Angel Whirl Yoghurt Fresh Fruit Cheese and Crackers	Chocolate Sponge with Custard Festival Shortcake Yoghurt Fresh Fruit Cheese and Crackers	Rice Pudding Chocolate Brownie Yoghurt Fresh Fruit Cheese and Crackers	Apple Crumble Ice Cream Yoghurt Fresh Fruit Cheese and Crackers	Sponge and Custard Date Slice Yoghurt Fresh Fruit Cheese and Crackers

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### WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Lasagne (V)	Turkey Cobbler	Roast Beef and Mint Sauce	Mince and Yorkshire Pudding	Fish
<b>Option 2</b>	Fish Fingers	Sausages (V)	Chicken Curry	Pizza	Curry with Rice (V)
<b>Option 3</b>	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
<b>Sides</b>	Garlic Bread Parsley Potatoes Carrots Green Beans	Creamed Potatoes Baby Potatoes Broccoli Carrots	Wedges Duchess Potatoes Sprouts Peas Sweetcorn	Creamed Potatoes Boiled Potatoes Cauliflower Mixed Veg	Chips Parsley Potatoes Beans Peas
<b>Dessert</b>	Apple Crumble Jelly Yoghurt Fresh Fruit Cheese and Crackers	Sponge and Custard Fruit Scones Yoghurt Fresh Fruit Cheese and Crackers	Rice Pudding Ice Cream Yoghurt Fresh Fruit Cheese and Crackers	Iced Sponge Fruit Scones Yoghurt Fresh Fruit Cheese and Crackers	Jam Roly Poly Date Slice Yoghurt Fresh Fruit Cheese and Crackers

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### WEEK 4 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Curry with Rice (V)	Spaghetti Bolognese	Roast Chicken with Stuffing	Turkey Cobbler	Fish
Option 2	Fish Fingers	Pizza Wraps	Cheese Pasties	Omelette	Lasagne (V)
Option 3	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
Sides	Creamed Potatoes Boiled Potatoes Carrots Broccoli	Garlic Bread Parsley Potatoes Green Beans Cauliflower	Wedges Duchess Potatoes Sprouts Carrots Mixed Veg	Creamed Potatoes New Potatoes Sweetcorn Broccoli	Chips Parsley Potatoes Beans Peas
Dessert	Rice Pudding Arctic Roll Yoghurt Fresh Fruit Cheese and Crackers	Chocolate Sponge Ice Cream Yoghurt Fresh Fruit Cheese and Crackers	Muffin Trifle Yoghurt Fresh Fruit Cheese and Crackers	Macaroon Tart Angel Whirl Yoghurt Fresh Fruit Cheese and Crackers	Fruit Crumble Brownies Yoghurt Fresh Fruit Cheese and Crackers