

# MIDDLESBROUGH SCHOOL MEALS

## EAT SMART FOR A HEALTHY START!

### Foundation stage WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Baked sausages with mashed potato	Chicken curry and rice served with naan bread	Roast chicken and stuffing with oven roasted garlic and herb potatoes	Minced beef pie served with boiled potatoes	Fish fingers with mashed potato and beans
<b>Option 2</b>	Pasta bolognese with crusty bread (V)	Homemade pizza (V) with oven roasted wedges	Omelettes with oven roasted potatoes(V)	Tomato Wholegrain Pasta bake and garlic bread (V)	Quorn Cottage Pie (V)
<b>Sides</b>	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
<b>Dessert</b>	Baked apple, Greek yoghurt and strawberry's	Fresh fruit salad fingers	Coconut yoghurt, stewed rhubarb and plumb fingers	Unsweetened rice pudding with berry compote	Banana and custard

#### ALSO AVAILABLE DAILY:



- \* Jacket potato with a choice of cheese, tuna mayo or simply plain
- Fresh Salad
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Sliced Bread

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.

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### Foundation stage

### WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Chicken Alfredo	Homemade cottage pie	Toad in the hole served with mashed potato	Minced beef and dumplings served with mashed potato	Salmon fish fingers with mashed potato and beans
<b>Option 2</b>	Pizza wrap (V) served with oven roasted wedges	Quorn burger In a bun (V) with roast potatoes	Macaroni cheese served with crusty bread (V)	Curry and rice (V) served with naan bread	Cheese and tomato crustless quiche (V) Jacket potato
<b>Sides</b>	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
<b>Dessert</b>	Apple and raspberry stew	Banana bread	Fruit salad fingers	Fruity frozen yoghurt	Watermelon pizza slice

#### ALSO AVAILABLE



\* Jacket potato with a choice of cheese, tuna mayo or simply plain

- Fresh salad
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Sliced Bread

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# MIDDLESBROUGH SCHOOL MEALS

## EAT SMART FOR A HEALTHY START!

### Foundation stage WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Pasta beef bolognaise with garlic bread	Chicken and vegetable pie served with boiled potatoes	Roast chicken in gravy with mashed potato	Burger in a bun served with oven roasted wedges	Fish portion served with mashed potato and beans
<b>Option 2</b>	Homemade cheese pasty or roll with mashed potato (V)	Chilli con carne and rice (V)	Lasagne and crusty bread (V)	Singapore Quorn noodles (V)	Wholegrain tomato and basil pasta bake served with garlic bread
<b>Sides</b>	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
<b>Dessert</b>	Apple fingers with quartered grapes and cream cheese	Greek yoghurt with poached pear and raspberry's	Coconut rice pudding	Strawberry tofu creamy yoghurt	Peach slice and custard

#### ALSO AVAILABLE DAILY:



- \* Jacket potato with a choice of cheese, tuna mayo or simply plain
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread

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