

# MIDDLESBROUGH SCHOOL MEALS

## EAT SMART FOR A HEALTHY START!

### WEEK 1 MENU

|          | Monday                                | Tuesday  | Wednesday   | Thursday  | Friday   |
|----------|---------------------------------------|--|---|---|--|
| Option 1 | Baked sausages with mashed potato     | Chicken curry and rice<br>Served with naan bread | Roast chicken and stuffing with oven roasted garlic and herb potatoes | Minced beef pie served with boiled potatoes       | Salmon nugget or salmon finger and fish fingers with chips |
| Option 2 | Pasta bolognese with crusty bread (V) | Homemade pizza (V)<br>With oven roasted wedges   | Omelettes with oven roasted potatoes(V)                               | Tomato Wholegrain Pasta bake and garlic bread (V) | Quorn Cottage Pie (V)                                      |
| Sides    | Selection of seasonal vegetables      | Selection of seasonal vegetables                 | Selection of seasonal vegetables                                      | Selection of seasonal vegetables                  | Selection of seasonal vegetables                           |
| Dessert  | Apple sponge and custard              | Bakewell tart and custard                        | Peach Flapjack  | Ice cream with fruit compote OR fruit jelly's     | Feathered sponge 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
- Fruit jelly

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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### WEEK 2 MENU

|          | Monday   | Tuesday                                       | Wednesday                                    | Thursday  | Friday  |
|----------|--|---|--|---|---|
| Option 1 | Chicken Alfredo                                | Homemade Cottage pie                          | Toad in the hole served with mashed potato   | Minced beef and Dumplings served with mashed potato | Battered fish or Fish portion and chips           |
| Option 2 | 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) with chips |
| Sides    | Selection of seasonal vegetables               | Selection of seasonal vegetables              | Selection of seasonal vegetables             | Selection of seasonal vegetables                    | Selection of seasonal vegetables                  |
| Dessert  | Steamed eves pudding and custard               | Jam shortbread fingers                        | Beetroot chocolate brownie                   | Pear crumble and custard                            | Homemade biscuits                                 |

#### 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
- Fruit Jelly

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## EAT SMART FOR A HEALTHY START!

### 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, fish fingers served with chips                    |
| <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>  | Fruit sponge and custard                             | Fruit cheese cake                                     | Apple and banana cake                     | Steamed chocolate sponge and custard            | Apple oaty Flapjack   |

#### 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
- Fruit Jelly

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