


Week: 1  
 Date: 21<sup>st</sup> February, 14<sup>th</sup> March, 19<sup>th</sup> April,  
 9<sup>th</sup> May, 6<sup>th</sup> June, 27<sup>th</sup> June, 18<sup>th</sup> July

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools.  = Vegetarian


For Allergen information please ask a member of the catering team.


# Glapton Academy




## Monday

Meat free

 Cumberland Vegan Sausage & Mash with Gravy and Carrots

 Veggie Spaghetti Bolognese with Baguette Chunk and Carrots


 Cheese Sub Roll served with Carrot & Cucumber Sticks

Jelly & Fruit

Fresh Fruit Salad

## Tuesday

Cajun Chicken with Rice & Sweetcorn

 Cheese Snack served with New Potatoes and Sweetcorn


Jacket Potato served with Tuna Mayonnaise and Sweetcorn

Lemon drizzle Cake

Fresh Fruit Salad

## Wednesday

Roast Pork & Stuffing. Gravy served with Organic Roast Potato & Vegetable Medley


 Quorn Roast. Stuffing & Gravy served with Organic Roast Potato & Vegetable Medley

Oaty Cookie with Milk

Fresh Fruit Salad

## Thursday

Chicken Curry with Rice. Flatbread and Broccoli

 Vegetable Lasagne with Baguette Chunk and Broccoli


Ham & Cheese Panini served with Crunchy Carrot & Cucumber Sticks


Fruit Flapjack

Fresh Fruit Salad

## Friday

MSC Salmon Fish Fingers served with Oven Chips and Baked Beans

 Cheese & Tomato Pizza served with Oven Chips and Baked Beans

 Jacket Potato served with Cheese & Baked Beans

Chocolate Orange Muffin

Fresh Fruit Salad



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Main


Dessert



Week: 2  
 Date: 28<sup>th</sup> February, 21<sup>st</sup> March, 25<sup>th</sup> April,  
 16<sup>th</sup> May, 13<sup>th</sup> June, 4<sup>th</sup> July, 25<sup>th</sup> July



## Glaptern Academy


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### Monday

Meat Free

 Veggie Chick Pea Curry with Rice, Flatbread & Peas

 Tomato & Basil Pasta served with Baguette Chunk and Peas


 Cheese Sub Roll served with Crunchy Carrot & Cucumber Sticks


Angel Delight & Fruit

Fresh Fruit Salad

### Tuesday

BBQ Chicken served with Rice and Salad

 Veggie Meatballs with Pasta in Tomato Sauce served with Sweetcorn


 Cheese & Tomato Panini served with Sweetcorn or Mixed Salad

Toffee Banana Muffin

Fresh Fruit Salad

### Wednesday

Roast Beef served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley


 Quorn Roast, Yorkshire Pudding With Gravy served with Organic Roast Potatoes and Vegetable Medley


Shortbread with Milk

Fresh Fruit Salad

### Thursday

Cheese & Bacon Snack served with Baked Beans

 Veggie Chilli on Jacket Potato with Sweetcorn


 Tomato & Mascarpone Pasta served with Baguette Chunk and Sweetcorn

Carrot Cake

Fresh Fruit Salad

### Friday

MSC Fish served with Oven Chips Mushy Peas or Carrots

 Cheese & Tomato Pizza served with Oven Chips & Peas

Jacket Potato served with Tuna Mayonnaise and Salad

Chocolate Crunchies & Milk

Fresh Fruit Salad



Main

Dessert



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Week: 3  
Date: 7<sup>th</sup> March, 28<sup>th</sup> March, 2<sup>nd</sup> May,  
23<sup>rd</sup> May, 20<sup>th</sup> June, 11<sup>th</sup> July


# Glapton Academy


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



## Monday

**Meat Free**

 Cheese Flan served with New Potatoes and Mixed Salad or Coleslaw

 Vegan Mini Burger served with New Potatoes and Mixed Salad or Coleslaw


 Jacket Potato served with Cheese & Mixed Salad


 Jelly & Fruit

Fresh Fruit Salad

## Tuesday

Tuna Pastry Parcel served with Boiled Potatoes and Sweetcorn

 Tomato & Basil Pasta served with Baguette Chunk & Mixed Salad


 Cheese & Bean Wrap & Mixed Salad and Sweetcorn

Oaty Cookie (apricot)

Fresh Fruit Salad

## Wednesday

Roast Turkey served with Gravy, Stuffing and Organic Roast Potatoes & Vegetable Medley


 Quorn Roast served with Gravy, Stuffing and Organic Roast Potatoes & Vegetable Medley


Raisin Flapjack & Milk

Fresh Fruit Salad

## Thursday

Sausage & Mash served with Gravy and Broccoli

 Cumberland Vegan Sausage served with Gravy and Mash and Broccoli


 Cheese & Tomato Panini served with Carrot & Cucumber Sticks


Chocolate Brownie & Milk

Fresh Fruit Salad

## Friday

MSC Fish Fingers served with Oven Chips and Peas

 Cheese & Tomato Pizza with Oven Chips and Peas

 Jacket Potato served with Tuna Mayo & Salad

Victoria Sponge (with Jam + Cream)

Fresh Fruit Salad

Main

Dessert



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