

MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked sausages with mashed potato Served with naan bread	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	Salmon nugget or salmon finger and fish fingers with chips
Option 2	Pasta bolognaise 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)
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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WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	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
Option 2	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
Sides	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
Dessert	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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