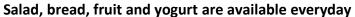


Academy

## Summer Term Menu 2023





	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese & tomato pasta with garlic bread <sub>G/D</sub>	Sausage roll picnic – Choice of:	Roast garlic & herb chicken served with roast potatoes, vegetables & gravy	Jacket potato with chilli beef <b>or</b>	Fish fingers served with chips, peas or beans <sub>G/F</sub>
Wb 17/4/23 Wb 8/5/23 Wb 5/6/23 Wb 26/6/23 Wb 17/7/23	<b>or</b> Jacket potato with beans or tuna mayo ɛ/ɛ	Meat G/D cheese & onion Mk/D/F/L Includes: Crisps Fruit	or Veggie sausage bake with roast potatoes, vegetables & gravy Mk	Jacket potato with cheese and beans мк/D	<b>or</b> Veggie fingers served with chips, peas or beans <sub>G</sub>
	Ice-cream, sprinkles and a wafer мк	Veggie sticks Cake ɛ/ɡ/ɒ	Chocolate mousse Mk	Fruit topped cheesecake G/Mk/D	Fruity shortbread D/G
Week 2 Wb 24/4/23 Wb 15/5/23 Wb 12/6/23 Wb 3/7/23 Wb 24/7/23	Vegetable pitta pizza served with cucumber & carrot sticks G/D <b>or</b> Jacket potato with baked beans or tuna mayo F/E	Quiche Lorraine Mk/D/G or Cheese & tomato quiche Mk/D/G or Jacket potato with beans and homemade coleslaw E	Roast chicken served with roast potatoes, vegetables & gravy <b>or</b> Honey roast quorn served with roast potatoes, vegetables & gravy	Cowboy pie topped with mash G/W Or Veggie cowboy pie topped with mash Or Jacket potato with cheese or tuna mayo E/F	Battered fish served with chips, beans or mushy peas F/G/W Or Veggie nuggets served with chips, beans or mushy peas G/W
	Ice cream roll Mk/D/G	Fruit jelly	Fresh fruit salad	Carrot cake D/G/Mk	Chocolate muffin
Week 3 Wb 1/5/23 Wb 22/5/23	Salmon pasta bake with green beans F/D/M/G or	Sandwich picnic – Cheese Ham קס Tuna mayo d/F/E	Spanish chicken with new potatoes and vegetables or	Bolognaise pasta bake with sweetcorn <sub>G</sub> <b>or</b> Quorn mince pasta bake with sweetcorn <sub>E/G</sub>	Chicken burger in a bap with coleslaw and wedges c/g/w Or
Wb 19/6/23 Wb 10/7/23	Jacket potato with beans or cheese d/Mk Raspberry ripple mousse Mk	Includes: Crisps Fruit Veggie sticks Cake ɛ/ɡ/ɒ	Quorn casserole with new potatoes and vegetables E Lemon drizzle cake E/G	or Jacket potato with cheese or tuna mayo D/Mk/F/E Fresh fruit with meringue nests E/D	Veggie burger in a bap with coleslaw and wedges G/E/N/MK Fruity/oaty flapjack D/G

Food Allergies Some of our menu items contains allergens including cereals containing gluten, milk, eggs, fish, shellfish, soya, celery, mustard, sulphites, sesame and Lupin. Peanuts and nuts are also classed as allergens, but these are not used on our menu. Our professional and dedicated catering team are able to provide details of food allergens on request. We use food codes on our menu to show the allergens. A list of them are below for your reference:

Ce – Celery			
Cr – Crustacean			
E – Egg			
F – Fish			
G – Cereals containing gluten			
L – Lupin			
Mk – Milk			
Mo – Molluscs			
Mu – Mustard			
N – Nuts			
P – Peanuts			
Se – Sesame			
So – Soya			
Su – Sulphur Dioxide			
D - Dairy			

Our team will do their best to provide alternative choices for those children with dietary needs such as gluten free, dairy free etc. For more information, please contact the school office.