

Ravens Academy

Week One



Menu for Week Commencing: 06/01, 27/01,

	Mon	Tues	Wed	Thu	Fri
Main Option One	Wholemeal cheese and tomato pizza	Beef and bean chilli con carne with rice	Beef burger in a floured bap with chips	Chicken and broccoli pasta bake	BBQ chicken with mash potato
Main Option Two	Assorted pasta and salad bar	Five bean chilli with rice	Quorn burger in a floured bap with chips	Quorn sausage pasta bake	Vegetable Kiev with mash potato
Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Blue berry muffin	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad

Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
Main Option Two	Pasta with '5 a day' tomato sauce and garlic bread	Beany burrito	Cauliflower cheese with roast potatoes	Quorn sausage with mash potato	Quorn nuggets and chips
Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Watermelon slice	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



Ravens Academy

Week Three



Menu for Week Commencing: 20/01, 10/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	SUPER SPUD DAY Jacket potato or sweet potato	Meat balls with creamy mash and gravy	Whole breast chicken chunks with chips	Chicken curry with rice	Beef bolognese with pasta
Main Option Two	Choice of fillings: Cheese Beans Tuna mayo Beef chilli	Salmon and cod mash topped pie, or Veggie balls with mash	Cheese and sweetcorn omelette with chips	Veggie curry with rice	Veggie lasagne
Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Apple crumble with custard	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



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Dessert	Assorted fruit and yogurt Blue berry muffin	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad

Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
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Dessert	Assorted fruit and yogurt Watermelon slice	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



Ravens Academy

Week Three



Menu for Week Commencing: 20/01, 10/02

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Main
Option One

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cheese and
tomato pizza

Beef and
bean chilli
con carne
with rice

Beef burger
in a floured
bap with
chips

Chicken and
broccoli
pasta bake

BBQ chicken
with mash
potato

Main
Option Two

Assorted
pasta and
salad bar

Five bean
chilli with
rice

Quorn
burger in a
floured bap
with chips

Quorn
sausage
pasta bake

Vegetable
Kiev with
mash potato

Daily
Available All Week

Pasta in a homemade tomato sauce
Assorted salad bar

Dessert

Assorted fruit
and yogurt
Blue berry
muffin

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Fruit salad



Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
Main Option Two	Pasta with '5 a day' tomato sauce and garlic bread	Beany burrito	Cauliflower cheese with roast potatoes	Quorn sausage with mash potato	Quorn nuggets and chips
Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Watermelon slice	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



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Week Three



Menu for Week Commencing: 20/01, 10/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	SUPER SPUD DAY Jacket potato or sweet potato	Meat balls with creamy mash and gravy	Whole breast chicken chunks with chips	Chicken curry with rice	Beef bolognese with pasta
Main Option Two	Choice of fillings: Cheese Beans Tuna mayo Beef chilli	Salmon and cod mash topped pie, or Veggie balls with mash	Cheese and sweetcorn omelette with chips	Veggie curry with rice	Veggie lasagne
Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Apple crumble with custard	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



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Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Blue berry muffin	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad

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Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
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Dessert	Assorted fruit and yogurt Watermelon slice	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad

Ravens Academy

Week Three



Menu for Week Commencing: 20/01, 10/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	SUPER SPUD DAY Jacket potato or sweet potato	Meat balls with creamy mash and gravy	Whole breast chicken chunks with chips	Chicken curry with rice	Beef bolognese with pasta
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Main
Option One

Wholemeal
cheese and
tomato pizza

Beef and
bean chilli
con carne
with rice

Beef burger
in a floured
bap with
chips

Chicken and
broccoli
pasta bake

BBQ chicken
with mash
potato

Main
Option Two

Assorted
pasta and
salad bar

Five bean
chilli with
rice

Quorn
burger in a
floured bap
with chips

Quorn
sausage
pasta bake

Vegetable
Kiev with
mash potato

Daily
Available All Week

Pasta in a homemade tomato sauce
Assorted salad bar

Dessert

Assorted fruit
and yogurt
Blue berry
muffin

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Fruit salad



Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
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Daily Available All Week	Pasta in a homemade tomato sauce Assorted salad bar				
Dessert	Assorted fruit and yogurt Watermelon slice	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



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Week Three



Menu for Week Commencing: 20/01, 10/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	SUPER SPUD DAY Jacket potato or sweet potato	Meat balls with creamy mash and gravy	Whole breast chicken chunks with chips	Chicken curry with rice	Beef bolognese with pasta
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cheese and
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con carne
with rice

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in a floured
bap with
chips

Chicken and
broccoli
pasta bake

BBQ chicken
with mash
potato

Main
Option Two

Assorted
pasta and
salad bar

Five bean
chilli with
rice

Quorn
burger in a
floured bap
with chips

Quorn
sausage
pasta bake

Vegetable
Kiev with
mash potato

Daily
Available All Week

Pasta in a homemade tomato sauce
Assorted salad bar

Dessert

Assorted fruit
and yogurt
Blue berry
muffin

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Fruit salad



Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
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Dessert	Assorted fruit and yogurt Blue berry muffin	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad

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Dessert	Assorted fruit and yogurt Blue berry muffin	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
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Dessert	Assorted fruit and yogurt Watermelon slice	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



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Week Three



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Dessert	Assorted fruit and yogurt Apple crumble with custard	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Dessert of the day	Assorted fruit and yogurt Fruit salad



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Option One

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cheese and
tomato pizza

Beef and
bean chilli
con carne
with rice

Beef burger
in a floured
bap with
chips

Chicken and
broccoli
pasta bake

BBQ chicken
with mash
potato

Main
Option Two

Assorted
pasta and
salad bar

Five bean
chilli with
rice

Quorn
burger in a
floured bap
with chips

Quorn
sausage
pasta bake

Vegetable
Kiev with
mash potato

Daily
Available All Week

Pasta in a homemade tomato sauce
Assorted salad bar

Dessert

Assorted fruit
and yogurt
Blue berry
muffin

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Fruit salad



Ravens Academy

Week Two



Menu for Week Commencing: 13/01, 03/02

	Mon	Tues	Wed	Thu	Fri
Main Option One	Macaroni cheese Garlic bread	Fajita style chicken with rice	Roast chicken with roast potatoes	Pork sausage with mash potato	Fish fingers and chips
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Week Three



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pasta bake

BBQ chicken
with mash
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Option Two

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pasta and
salad bar

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chilli with
rice

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burger in a
floured bap
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Quorn
sausage
pasta bake

Vegetable
Kiev with
mash potato

Daily
Available All Week

Pasta in a homemade tomato sauce
Assorted salad bar

Dessert

Assorted fruit
and yogurt
Blue berry
muffin

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
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day

Assorted fruit
and yogurt
Dessert of the
day

Assorted fruit
and yogurt
Fruit salad



Ravens Academy

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