

Ravens Academy

Week One



Menu for Week Commencing: 24/02 17/03 21/04 12/05

| | Mon | Tues | Wed | Thu | Fri |
|-----------------------------|--|---|--|--|---|
| Main Option One | Wholemeal pepperoni pizza with corn on the cob and crunchy vegetable sticks | Chicken tikka masala with rice, green beans and sweetcorn | Roast chicken with roast potatoes, cabbage, carrots and gravy | Pork sausages with mash potato, broccoli and carrots and gravy | Battered Chicken breast chunks with chips, peas and baked beans |
| Main Option Two | Wholemeal margherita pizza with corn on the cob and crunchy vegetable sticks | Macaroni cheese with green beans and sweetcorn | Roast Quorn fillet with roast potatoes, cabbage, carrots and gravy | Bean burrito served with broccoli and carrots | Quorn nuggets with chips, peas and baked beans |
| Main Option Three | <u>Monday</u> Tomato pasta | <u>Tuesday</u> Jacket potato | <u>Wednesday</u> Chicken and salad wrap | <u>Thursday</u> Jacket potato | <u>Friday</u> Tomato pasta |
| | Assorted salad bar available each day | | | | |
| Dessert | Assorted fruit and yogurt Blueberry muffin | Assorted fruit and yogurt Flapjack | Assorted fruit and yogurt Strawberry jelly | Assorted fruit and yogurt Vanilla sponge cake | Assorted fruit and yogurt Fruit salad |

Ravens Academy

Week Two



Menu for Week Commencing: 03/03, 24/03, 28/04, 19/05





| | Mon | Tues | Wed | Thu | Fri |
|-----------------------------|--|---|---|--|--|
| Main Option One | Chicken curry with rice, broccoli and carrots | Pork meatball pasta with peas and sweetcorn | Roast chicken with roast potatoes, broccoli, carrots and gravy | Beef pasta bolognese served with garlic bread, green beans and sweetcorn | Breaded salmon bites with chips, peas and baked beans |
| Main Option Two | Vegetable and lentil curry with rice, broccoli and carrots | Quorn balls with pasta, peas and sweetcorn | Roast Quorn fillet with roast potatoes, broccoli, carrots and gravy | Quorn burrito served with green beans and sweetcorn | Cheese and sweetcorn omelette with chips, peas and baked beans |
| Main Option Three | <u>Monday</u> Tomato pasta | <u>Tuesday</u> Jacket potato | <u>Wednesday</u> Cheese and salad wrap | <u>Thursday</u> Jacket potato | <u>Friday</u> Tomato pasta |
| | Assorted salad bar available each day | | | | |
| Dessert | Assorted fruit and yogurt Watermelon slice | Assorted fruit and yogurt Chocolate sponge | Assorted fruit and yogurt Strawberry mousse | Assorted fruit and yogurt Vanilla ice cream | Assorted fruit and yogurt Fruit salad |

Ravens Academy

Week Three



Menu for Week Commencing: 10/03, 31/03, 05/05

| | Mon | Tues | Wed | Thu | Fri |
|--|--|--|--|--|---|
| Main Option One  | Wholemeal pepperoni pizza with corn on the cob and crunchy vegetable sticks | Beef lasagne with garlic bread, broccoli and sweetcorn | Roast chicken with roast potatoes, cabbage, carrots and gravy | Chicken burrito with sweetcorn and peas | Beef burger w in a floured bap with chips, peas and baked beans |
| Main Option Two  | Wholemeal margherita pizza with corn on the cob and crunchy vegetable sticks | Veggie pasta bolognese with garlic bread, broccoli and sweetcorn | Roast Quorn fillet with roast potatoes, cabbage, sweetcorn and gravy | Vegetable Kiev with mash potato sweetcorn and peas | Quorn burger in a floured bap with chips, peas and baked beans |
| Main Option Three  | <u>Monday</u> Tomato pasta | <u>Tuesday</u> Jacket potato | <u>Wednesday</u> Ham and salad wrap | <u>Tuesday</u> Jacket potato | <u>Friday</u> Tomato pasta |
| | Assorted salad bar available each day | | | | |
| Dessert  | Assorted fruit and yogurt Fruit salad | Assorted fruit and yogurt Shortbread biscuits | Assorted fruit and yogurt Strawberry jelly | Assorted fruit and yogurt Vanilla Ice cream | Assorted fruit and yogurt Melon Platter |

