

Ravens Academy | Week One



Main Option One

Monday

Ham and Pineapple
Pizza with Corn on the
cob.

Tuesday

Chicken Curry served
with rice, peas and
broccoli.

Wednesday

Roast Chicken with
Roast Potatoes, York-
shire pudding, cabbage,
carrots and gravy.

Thursday

Beef Bolognese served
with garlic bread, green
beans and broccoli.

Friday

Beef Burger in a bap
served with chips and
peas or baked beans.

Main Option Two

Cheese and tomato
Pizza with corn on the
cob

Sweet potato curry
served with rice, peas
and broccoli

Quorn Fillet with Roast
Potatoes, Yorkshire
pudding, cabbage, car-
rots and gravy.

Quorn Bolognese
served with garlic
bread, green beans and
broccoli.

Quorn burger in a bap
served with chips and
peas or baked beans.

Lighter Bite Option 3

Tomato Pasta

Jacket Potato

Tomato Pasta

Jacket Potato

Warm Sausage Roll

All Lighter Bite served with vegetables or salad bar option

Dessert

Apple Crumble and
Custard.
Assorted yoghurt
Or fruit.

Strawberry Jelly
Assorted yoghurt
Or fruit.

Fruit Salad
Assorted yoghurt
Or fruit.

Banana Mousse
Assorted yoghurt
Or fruit.

Carrot Cake
Assorted yoghurt
Or fruit.



Ravens Academy | Week Two



Main Option One

Monday

BBQ Chicken Pizza served with coleslaw and vegetable sticks

Tuesday

Beef Burrito served with broccoli and sweetcorn.

Wednesday

Roast Chicken served with roast potatoes, Yorkshire pudding, carrots, cauliflower and gravy

Thursday

Sausage Pasta Bake served with garlic bread, green beans and sweetcorn.

Friday

Fish Fingers with chips, peas and sweetcorn

Main Option Two

Cheese and Tomato Pizza served with coleslaw and vegetable sticks.

Macaroni and Cheese served with broccoli and sweetcorn

Quorn Fillet served with roast potatoes, Yorkshire pudding, carrots, cauliflower and gravy.

Vegetable and Cheesy Rice Bake served with garlic bread, green beans and sweetcorn.

Quorn Nuggets with chips, peas and sweetcorn

Lighter Bite Option 3

Tomato Pasta

Jacket potato

Tomato Pasta

Jacket Potato

Pizza Bagel

All Lighter Bite served with vegetables or salad bar option

Dessert

Chocolate Cake and Custard.
Assorted Fruit and Yoghurt.

Melon Medley
Assorted Fruit and Yoghurt.

Flapjack
Assorted Fruit and Yoghurt.

Fruity Milkshake
Assorted Fruit and Yoghurt.

Lemon Drizzle Cake
Assorted Fruit and Yoghurt.



Ravens Academy | Week Three



Main Option One

Monday

Beef Lasagne served with garlic bread, peas and sweetcorn.

Tuesday

Chicken and BBQ melt served with new potatoes, carrots and broccoli.

Wednesday

Pork Sausages served with mash, cabbage, carrots and gravy.

Thursday

Chicken Tikka served with rice, green beans and sweetcorn.

Friday

Salmon fishcake served with Chips, and Baked Beans.



Main Option Two

Vegetable Bolognese served with Garlic bread, peas and sweetcorn.

Veggie Kiev served with new potatoes, carrots and Broccoli

Vegetarian Sausages served with mash, cabbage and gravy.

Beany Burrito served with Green beans and sweetcorn.

Southern Fried Vegan Nuggets served with Chips and Baked Beans.



Lighter Bite Option 3

Tomato Pasta

Jacket Potato

Tomato Pasta

Jacket Potato

BBQ Chicken Wrap

All Lighter Bite served with vegetables or salad bar option



Dessert

Chocolate Delight
Mousse
Assorted Fruit
And Yoghurt.

Strawberry Cake and
Custard.
Assorted Fruit and
Yoghurt

Fruity Cookies
Assorted Fruit
And Yoghurt.



Fruit Salad
Assorted Fruit and
Yoghurt.



Ice Cream
Assorted Fruit and
Yoghurt