

# Ravens Academy | Week One



Menu for Week Commencing:



Main  
Option One

Monday

Pepperoni  
Pizza with crispy  
Potatoes and salad.

Tuesday

Chicken Curry served  
with rice, peas and  
broccoli.

Wednesday

Roast chicken with  
Roast Potatoes,  
Yorkshire pudding,  
vegetables and gravy.

Thursday

Pasta and meatballs  
served with garlic  
bread, green beans and  
broccoli.

Friday

Fish served with chips  
and peas

Main  
Option Two

Cheese and tomato  
Pizza with crispy  
Potatoes and salad.

Vegetable curry served  
with rice, peas and  
broccoli

Quorn Fillet with Roast  
Potatoes, Yorkshire  
pudding, vegetables  
and gravy.

Beany burrito served  
with green beans and  
broccoli.

Quorn Nuggets served  
with chips and peas

Lighter bite

Jacket Potato

Tomato pasta

Cheese sandwich

Jacket Potato

Sausage roll

-----All served with daily salad bar-----

Dessert

Fruit salad  
Assorted yoghurt  
Or fruit.

Strawberry Jelly  
Assorted yoghurt  
Or fruit.

Flapjack  
Assorted yoghurt  
Or fruit.

Banana Mousse  
Assorted yoghurt  
Or fruit.

Melon medley  
Assorted yoghurt  
Or fruit.

# Ravens Academy | Week two



Menu for Week Commencing:



**Main**  
Option One

**Monday**

Make your own chicken fajita

**Tuesday**

Beef Burrito served with broccoli and sweetcorn.

**Wednesday**

Roast Chicken served with roast potatoes, Yorkshire pudding, vegetables and gravy

**Thursday**

Cottage pie served with seasonal vegetables

**Friday**

Chicken nuggets served with chips and peas or baked beans.

**Main**  
Option Two

Make your own Quorn fajita

Macaroni and Cheese served with broccoli and sweetcorn

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

Vegetable lasagne served with seasonal vegetables

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

**Lighter bite**

Tomato Pasta

Jacket potato

Tuna and sweetcorn Pasta

Jacket Potato

Ham and salad roll

-----All served with daily salad bar-----

**Dessert**

Fruit crumble with custard  
Assorted Fruit and Yoghurt.

Melon Medley  
Assorted Fruit and Yoghurt.

Banana bread  
Assorted Fruit and Yoghurt.

Fruity Milkshake  
Assorted Fruit and Yoghurt.

Ice cream  
Assorted Fruit and Yoghurt.



# Ravens Academy | Week three



Menu for Week Commencing:



**Main**  
Option One

**Monday**

All day breakfast

**Tuesday**

Chicken and BBQ melt served with carrot and swede mash and peas

**Wednesday**

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

**Thursday**

Beef lasagne served with peas and sweetcorn

**Friday**

Salmon fish cake served with Chips salad

**Main**  
Option Two

Vegetarian all day breakfast

Quorn BBQ melt served with carrot and swede mash and peas

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

Cheese and tomato pizza baguette served with peas and sweetcorn

Omelette served with Chips and salad

**Lighter bite**

Jacket potato

Tomato Pasta

Tuna Roll

Jacket Potato

BBQ chicken & salad wrap

-----All served with daily salad bar-----

**Dessert**

Chocolate Delight  
Mousse  
Assorted Fruit  
And Yoghurt.

Vanilla cake  
Assorted Fruit and  
Yoghurt

Fruit Jelly  
Assorted Fruit  
And Yoghurt.

Ice Cream  
Assorted Fruit and  
Yoghurt.

Fruit Salad  
Assorted Fruit and  
Yoghurt