

Ravens Academy | Week One



Main Option One

Monday

Pepperoni pizza
Pizza with crispy
Potatoes and salad.

Tuesday

Chicken Curry served
with rice, peas and
broccoli.

Wednesday

Roast chicken with
Roast Potatoes, York-
shire pudding, cabbage,
carrots 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, cabbage, car-
rots 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



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, carrots, cauliflower 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, carrots, cauliflower 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



Main
Option One

Monday

All day breakfast

Tuesday

Chicken and BBQ melt served with carrot and suede 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 & Beans

Main
Option Two

Vegetarian all day breakfast

Quorn BBQ melt served with carrot and suede mash and peas

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

Cheese and tomato pizza served with peas and sweetcorn

Quorn Nuggets served with Chips and salad

Lighter bite

Jacket potato

Tomato Pasta

Tuna Roll

Jacket Potato

BBQ chicken and salad wrap

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

Dessert

Chocolate Delight
Mousse
Assorted Fruit
And Yoghurt.

Vanilla cake
Assorted Fruit and
Yoghurt

Banana Mousse
Assorted Fruit
And Yoghurt.

Ice Cream
Assorted Fruit and
Yoghurt.

Fruit Salad
Assorted Fruit and
Yoghurt