MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

Pennyman WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable pie	BBQ Pulled Pork	Minced beef and Dumplings	Burger in a Wholemeal Roll	Fish Fingers
Option 2 (ve)	Quorn Meatballs in a Tomato Sauce with Pasta	Jacket Potato with a choice of filling	Pasta Bake	Cheese and Tomato Pizza	Quorn Korma
Soft Option	Tomato Pasta Crustless Quiche Mashed potato Gravy	Cottage Pie Crustless Quiche Mashed potato Gravy	Mince Beef and Dumplings Crustless Quiche Mashed potato	Macaroni Cheese Crustless Quiche Mashed potato Gravy	Fish in Parsley Sauce Crustless Quiche • Mashed potato
Sides	Mixed VegetablesCauliflowerMashed potato	SweetcornGreen beansPeasWedges	CarrotsBroccoliBoiled potatoes	BeansSweetcornOven bakedWedges	PeasCarrotsChips
Dessert	Rice puddingYoghurtFresh Fruit	Homemade MuffinsYoghurtFresh Fruit	Sponge cake and custardYoghurtFresh Fruit	Apple Crumble and CustardYoghurtFresh Fruit	CheesecakeYoghurtFresh Fruit



- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread
- Drinking Water



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WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti Bolognese	Sweet chilli Quorn and veg with noodles	Toad in the hole	Masala with rice	Fish cakes or Fish fingers
Option 2 (ve)	Pasta Bake	Katsu Curry with rice	Vegetable Lasagne	Cheese and broccoli quiche	5 Bean chilli with rice
Soft Option	Spaghetti Bolognese Crustless Quiche Mashed potato	Curry with Rice Crustless Quiche Mashed potato	Lasagne Crustless Quiche Mashed potato	Curry with Rice Crustless Quiche Mashed potato	Fish Pie Crustless Quiche Mashed potato
Sides	Corn on the cobBroccoliWedges	CarrotsPeasBoiled Potato	MixedVegetablesCauliflowerMashed potato	 Green beans Sweetcorn New potatoes	PeasCarrotsChips
Dessert	Chocolate brownieYoghurtFresh Fruit	Jelly or angel delight with fruitYoghurtFresh Fruit	Home made biscuitYoghurtFresh Fruit	Sponge cake and custardYoghurtFresh Fruit	Fruit crumble custardYoghurtFresh Fruit

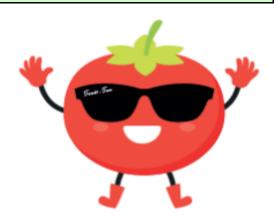


- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread
- Drinking Water



EAT SMART FOR A HEALTHY START! WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Quorn Mince Bolognese	Katsu Curry with Rice	Beef lasagne	Roast chicken and stuffing	Fish cake
Option 2 (VE)	Pasta Bake	Jacket potato with a choice of filling	Cheese and onion plait	Quorn sausages in onion gravy	Quorn southern fried chicken burger
Soft Option	Pasta Bake Crustless Quiche Mashed potato	Curry with Rice Crustless Quiche Mashed potato	Macaroni Cheese Crustless Quiche Mashed potato	Cottage Pie Crustless Quiche Mashed potato	Poached Salmon Crustless Quiche Mashed potato
Sides	CarrotsBroccoliMashed potato	Corn on the cobMixed VegetablesWedges	PeasSweetcornGarlic breadBoiled Potatoes	CauliflowerSwedeOven cooked potatoes	PeasBeansChips
Dessert	Fruit pie and custardYoghurtFresh Fruit	Rice puddingYoghurtFresh Fruit	Sticky toffee pudding with custardYoghurtFresh Fruit		Sponge Cake and CustardYoghurtFresh Fruit



- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
 Cheese & Crackers
- Bread



EAT SMART FOR A HEALTHY START! WEEK 4 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken curry with rice	Cheese and tomato pizza	Roast beef and Yorkshire pudding	Cottage pie	Baked fish
Option 2 (VE)	Quorn sausage casserole	Jacket potato with a choice of filling	Macaroni cheese	Quiche	Vegetable curry with rice
Soft Option	Curry with Rice Crustless Quiche Mashed potato	Tomato Pasta Crustless Quiche Mashed potato	Macaroni Cheese Crustless Quiche Mashed potato	Cottage Pie Crustless Quiche Mashed potato	Fish Pie Crustless Quiche Mashed potato
Sides	PeasCorn on the cobMashed potato	CarrotsPeasOven baked - wedges	BroccoliCauliflowerMashed potato	Mixed vegetablesSwedeBoiled potatoes	PeasSweetcornChips
Desert Options	Home made Cookie/ biscuit with fruitYoghurtFresh Fruit	Oat fruit crunchYoghurtFresh Fruit	Sponge cake and custardYoghurtFresh Fruit	Peach and raspberry cobblerYoghurtFresh Fruit	Fruit crumble and custardYoghurtFresh Fruit



- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread