

WEEK 1 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Chicken & Pasta in Tomato Sauce	Mexican Lamb	Chicken & Bacon Lasagne	Pork Curry	Three Cheese Pizza
Vegetarian Main Dishes	Vegetable Medley & Pasta	Curried Vegetables & Quorn	Broccoli & Cauliflower Cheese Bake	Vegetable Lasagne	Omelette
Starchy Food	Pasta	Braised Rice		Braised Rice	Chipped Potatoes Baked Potatoes
Vegetables					Baked Beans
Desserts	Cheese Cake				

The above menu is subject to change at short notice



**South Lincolnshire
Academies Trust**

WEEK 2 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Cheese & Ham Macaroni	Beef Curry	Chicken Casserole	Sweet & Sour Pork	Fish in Batter
Vegetarian Main Dishes	Macaroni Cheese	Vegetable Balls in Tomato Sauce	Bean and Meat Free Mince Casserole	Sweet & Sour Vegetables & Quorn	Cheese & Onion Quiche
Starchy Food		Braised Rice	Pasta	Braised Rice	Chipped Potatoes Baked Potatoes
Vegetables					Mushy Peas
Desserts	Flapjack				

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South Lincolnshire Academies Trust

WEEK 3 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Lamb Rogan Josh	Chicken & Bacon in Tomato Sauce	Pork Stir Fry	Pasta Bolognese	Chicken Burger
Vegetarian Main Dishes	Vegetarian Chilli	Vegetarian Chicken Style Pieces in Tomato Sauce	Vegetarian Stir Fry	Vegetarian Bolognese	Stuffed Peppers
Starchy Food	Braised Rice	Pasta	Braised Rice	Pasta	Chipped Potatoes Baked Potatoes
Vegetables					Baked Beans
Desserts	Carrot Cake				

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WEEK 4 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Chicken Curry	Tuna Arrabbiata	Nasi Goreng	Sausage & Barbeque Beans	Fish Cakes
Vegetarian Main Dishes	Mild Vegetable Chilli	Penne Arrabbiata	Vegetable Nasi Goreng	Vegetable Sausage & Beans	Vegetable Burgers
Starchy Food	Braised Rice	Pasta		Pasta	Chipped Potatoes Baked Potatoes
Vegetables					Mushy Peas
Desserts	Cherry Shortbread				

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WEEK 5 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Lamb Madras	Chicken Jambalaya	Pork & Bean Casserole	Beef Lasagne	Beef Burger
Vegetarian Main Dishes	Baked Potatoes & Assorted Toppings	Vegetable Jambalaya	Vegetarian Savoury Rice	Vegetarian Lasagne	Vegetable Burger
Starchy Food	Braised Rice	Pasta	Rice		Chipped Potatoes Baked Potatoes
Vegetables					Baked Beans
Desserts	Chocolate Chip Shortbread				

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WEEK 6 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Beef Stroganoff	Pork Meat Balls in Tomato Sauce	Beef Stew	Stir Fried Chicken	Fish Fingers
Vegetarian Main Dishes	Mushroom Stroganoff	Vegetarian Balls in Tomato Sauce	Meat Free Casserole	Stir Fried Vegetables	Vegetable Wraps
Starchy Food	Braised Rice	Pasta	Mashed Potatoes	Braised Rice	Chipped Potatoes Baked Potatoes
Vegetables					Mushy Peas
Desserts	Banana Cake		Trifle		

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WEEK 7 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Chicken With Peppers	Barbeque Pork	Beef Bolognese	Baked Potatoes & Assorted Toppings	Hot Dog & Onions
Vegetarian Main Dishes	Vegetarian Chicken Style Pieces With Peppers	Vegetarian Balls in Barbeque Sauce	Meat Free Casserole	Baked Potatoes & Assorted Toppings	Vegetarian Hot Dog & Onions
Starchy Food	Pasta	Steamed rice	Pasta		Chipped Potatoes Baked Potatoes
Vegetables				Baked Beans	Baked Beans
Desserts	Chocolate Angel Delight				

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WEEK 8 MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish Main Dishes	Mild Chilli Con Carne	Barbeque Chicken	Pork Goulash	Lamb Meat Balls in Tomato & Basil Sauce	Chicken Nuggets
Vegetarian Main Dishes	Vegetarian Chilli	Vegetable Bake	Vegetarian Goulash	Falafel in Tomato & Basil Sauce	Vegetarian Chicken Nuggets
Starchy Food	Braised rice	Pasta	Braised Rice	Pasta	Chipped Potatoes Baked Potatoes
Vegetables					Baked Beans
Desserts	Chocolate Brownie				

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