

MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked Sausages	Chicken Curry and Rice	Roast Dinner (with all the trimmings)	Minced Beef Pie	Fish Friday
Option 2	Bolognaise (V)	Homemade Pizza (V)	Omelettes (V)	Pasta Bake (V)	Mince and Yorkshire Pudding (V)
Sides	Choice of seasonal vegetables	Choice of seasonal vegetables	Choice of seasonal vegetables	Choice of seasonal vegetables	Choice of seasonal vegetables
Dessert	Fruit Sponge and custard	Angel Delight	Fruit Flapjack	Jam Roly Poly	Feathered Sponge and Custard



ALSO AVAILABLE DAILY:

- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.

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WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cottage Pie	Chicken and Vegetable Cobbler	Roast Dinner (with all the trimmings)	Minced Beef and Dumplings	Fish Friday
Option 2	Pizza Wrap (V)	Cheese Pasty (V)	Meatballs in a Tomato Sauce with Pasta (V)	Curry and Rice (V)	Quorn Dippers (V)
Sides	Choice of seasonal Vegetables Creamed potatoes/parsley	Choice of seasonal Vegetables Creamed/baby in skins	Choice of seasonal Vegetables Oven baked potatoes/ duchess	Choice of seasonal Vegetables Potato wedges/boiled	Choice of seasonal Vegetables Chips/ parsley
Dessert	Fruit Sponge and Custard	Cheesecake	Beetroot Chocolate Brownie	Fruit Crumble and Custard	Macaroon Tart



ALSO AVAILABLE DAILY:

- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

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WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Beef Bolognaise	Chicken and Vegetable Pie	Roast Dinner (with all the trimmings)	Burger in a Bun	Fish Friday
Option 2	Homemade Pizza (V)	Chilli Con Carne and Rice (V)	Homemade Cheese Pasty or Roll (V)	Sweet and Sour Chicken with Rice (V)	Southern Fried Burger (V)
Sides	Choice of seasonal Vegetables Garlic bread/baby	Choice of seasonal Vegetables Creamed / parsley	Choice of seasonal Vegetables Wedges / duchess	Choice of seasonal Vegetables Creamed /boiled	Choice of seasonal Vegetables Chips / <u>babys</u>
Dessert	Fruit Sponge and Custard	Fruit Muffins	Homemade Biscuits	Steamed Chocolate Sponge and Custard	<u>Qaty</u> Apple Crumble



ALSO AVAILABLE DAILY:

- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

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WEEK 4 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Lasagne	Chicken Parmesan	Roast Dinner (with all the trimmings)	Toad in the Hole	Fish Friday
Option 2	Omelettes (V)	Pizza Baguette (V)	Macaroni Cheese / Cheesy Pasta (V)	Lasagne (V)	Quiche (V)
Sides	Choice of seasonal Vegetables Garlic bread / parsley	Choice of seasonal Vegetables Creamed potatoes / babys	Choice of seasonal Vegetables Wedges boiled	Choice of seasonal Vegetables Creamed / parsley	Choice of seasonal Vegetables Chips / duchess
Dessert	Fruit Sponge and Custard	Banoffee Pie	Cornflake t Tart	Banana Muffin	Trifle or Cheesecake Chocolate Brownie

ALSO AVAILABLE DAILY:



- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

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