MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked sausages with mashed potato	Chicken curry and rice Served with naan bread	Roast chicken and stuffing with oven roasted garlic and herb potatoes	Minced beef pie served with boiled potatoes	Salmon nugget or salmon finger and fish fingers with chips
Option 2	Pasta bolognaise with crusty bread (V)	Homemade pizza (V) With oven roasted wedges	Omelettes with oven roasted potatoes(V)	Tomato Wholegrain Pasta bake and garlic bread (V)	Quorn Cottage Pie (V)
Sides	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
Dessert	Apple sponge and custard	Bakewell tart and custard	Peach Flapjack	Ice cream with fruit compote OR fruit jel-ly's	Feathered sponge and custard

ALSO AVAILABLE DAILY:

*** Jacket potato with a choice of cheese, tuna mayo or simply plain**

- **Fresh Salad**
- **Sandwiches or Wraps**
- **Cheese & Crackers**
- **Fresh Fruit**
- **Sliced Bread**
- **Fruit jelly**

Menu Dates

6th Jan 2025
17th Feb 2025
31st March 2025
2nd June 2025
7th July 2025
22nd Sept 2025
3rd Nov 2025
27th Jan 2025
10th March 2025
5th may 2025
23rd June 2025
1st Sept 2025
6th Oct 2025
24th Nov 2025

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.