MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta beef bolognaise with garlic bread	Chicken and vegetable pie served with boiled potatoes	Roast chicken in gravy with mashed potato	Burger in a bun served with oven roasted wedges	Fish portion, fish fingers served with chips
Option 2	Homemade Cheese pasty or roll with mashed potato (V)	Chilli con carne and rice (V)	Lasagne and crusty bread (V)	Singapore Quorn noodles (V)	Wholegrain Tomato and basil pasta bake served with garlic bread
Sides	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
Dessert	Fruit sponge and custard	Fruit cheese cake	Apple and banana cake	Steamed chocolate sponge and custard	Apple oaty Flapjack

ALSO AVAILABLE DAILY:

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

- **Salad Bar**
- **Sandwiches or Wraps**
- **Cheese & Crackers**
- **Fresh Fruit**
- **Bread**
- **Fruit Jelly**

Menu Dates

20th Jan 2025
24th March 2025
19th May 2025
21st June 2025
20th Oct 2025
8th Dec 2025
10th Feb 2025
28th April 2025
16th June 2025
15th Sep 2025
17th Oct 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.