SEVERNDALE SPECIALIST ACADEMY

MENU CYCLE WEEK ONE

SEPTEMBER - DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Chicken	Beef & Vegetable pie	Sausage & Gravy	Chicken pasta bake	Salmon Fish cake
VEGETARIAN	Quorn bolognaise	Cheese and Onion roll	Quorn Sausage & Gravy	Tomato & Herb Pasta	Vegetable Sausage
STARCHY FOOD	Noodles	Diced potatoes	Mash Potato	Whole wheat pasta	Chips
VEGETABLE	Sweetcorn	Broccoli	Carrots	Peas	Baked Beans
DESSERT	Fruit Salad	Blueberry Muffin	Jelly	Marble Cake & Custard	Cheese & Crackers
AVAILABLE DAILY	Jacket Potatoes with Cheese, Beans or Tuna Sandwiches with Ham, Cheese and Tuna Salad selection				

Food Allergies and Intolerance

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.

SEVERNDALE SPECIALIST ACADEMY

MENU CYCLE WEEK TWO

SEPTEMBER - DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Sweet & Sour Chicken	Peperoni Pizza	Chicken & Stuffing	Beef Bolognaise	Fish Fingers
VEGETARIAN	Vegetable stir fry	Cheese Pizza	Vegetable cottage pie	Lentil Bolognaise	Quorn nuggets
STARCHY FOOD	Noodles	Diced Potato	Roast potatoes	Wholegrain Pasta	Chips
VEGETABLE	Sweetcorn	Baked Beans	Carrots	Peas	Baked Beans
DESSERT	Fruit Salad	Ice cream	Banana Muffin	Jelly	Cheese & Crackers
AVAILABLE DAILY	Jacket Potatoes with Cheese, Beans or Tuna Sandwiches with Ham, Cheese and Tuna Salad Selection				

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SEVERNDALE SPECIALIST ACADEMY

MENU CYCLE WEEK THREE

SEPTEMBER - DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Meatballs	Hot Dog with Ketchup	Roast Gammon	Chicken Fajita Wrap	Breaded Fish
VEGETARIAN	BBQ Vegetables	Quorn Sausage	Quorn Roast	Cheese & Bean Wrap	Cheese and Tomato Pizza
STARCHY FOOD	Noodles	Diced Potato	Roast Potatoes	Potatoes Wedges	Chips
VEGETABLE	Sweetcorn	Baked Beans	Carrots & Broccoli	Garden Peas	Baked Beans
DESSERT	Apple Flapjack	Jelly	Lemon Sponge	Yoghurt & Granola	Ice cream
CARBS	Jacket Potatoes with Cheese, Beans or Tuna Sandwiches with Ham, Cheese and Tuna Salad Selection				

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