

MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Bolognese (V)	Curry with Rice	Beef lasagne	Roast chicken and stuffing	<ul style="list-style-type: none"> • Fish • Salmon Fish Cakes
Option 2	Pork or Chicken Sausages	Pizza (V)	Cheese and onion plait/Pie (V)	Pasta Bake (V)	Southern fried burger (V)
Sides	<ul style="list-style-type: none"> • Carrots • Broccoli • Mashed potato 	<ul style="list-style-type: none"> • Corn on the Cob • Mixed Vegetables • Wedges 	<ul style="list-style-type: none"> • Peas • Sweetcorn • Garlic bread • Boiled Potatoes 	<ul style="list-style-type: none"> • Three Seasonal Vegetables • Oven cooked potatoes 	<ul style="list-style-type: none"> • Peas • Beans • Chips
Dessert	<ul style="list-style-type: none"> • Fruit pie and custard • Yoghurt • Fresh Fruit • Jelly 	<ul style="list-style-type: none"> • Rice pudding • Yoghurt • Fresh Fruit • Jelly and Ice Cream 	<ul style="list-style-type: none"> • Sticky toffee pudding with custard • Yoghurt • Fresh Fruit • Fruit Cocktail 	<ul style="list-style-type: none"> • Fruit flapjack • Yoghurt • Fresh Fruit • Jelly 	<ul style="list-style-type: none"> • Sponge Cake and Custard • Yoghurt • Fresh Fruit • Fruit Smoothie



ALSO AVAILABLE DAILY:

- **Pasta King bar** (where applicable)
- **Jacket potato with Filling** (where applicable)
- **Salad Bar**
- **Sandwiches or Subs 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.