MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti Bolognese	Sweet Chilli Quorn Noodles (V)	Toad in the Hole	Curry with Rice	Fish
Option 2	Quiche (V)	Roast Chicken Dinner	Vegetable Lasagne (V)	Pasta Bake (V)	Chilli with Rice (V)
Sides	Mixed VegetablesCauliflowerMashed potato	SweetcornGreen beansPeasWedgesMash	CarrotsBroccoliBoiled potatoesMash	BeansSweetcornBroccoliWedgesMash	PeasCarrotsChips
Dessert	Chocolate BrownieJelly, fruit & Ice creamYoghurt	JellyInstant Dessert with FruitYoghurt	Home Made BiscuitsFruitJelly with FruitYoghurt	Sponge and CustardFruit CocktailJelly and FruitYoghurt	 Oat and Fruit Crumble with Custard Ice cream and Fruit Yoghurt



- 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.

