

MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked sausages	Chicken curry and rice	Roast beef dinner with all the trimmings	Minced beef pie	Fish Friday
Option 2	Bolognaise (V)	Homemade pizza (V)	Omelettes (V)	Pasta bake (V)	Lasagne with garlic bread (V)
Sides	Choice of seasonal Vegetables carrots & sweetcorn Creamed roast	Choice of seasonal Vegetable scauliflower & mixed veg Creamed Wedges	Choice of seasonal Vegetables broc & carrots Creamed Baby boiled	Choice of seasonal Vegetables cauli & green beans Creamed Oven baked	Choice of seasonal Vegetables peas & baked beans Chips pasta
Dessert	Fruit sponge and custard	Ice cream or angel delight Rice pudding & jam	Fruit Flapjack	Peach Cobbler	Feathered sponge and custard

ALSO AVAILABLE DAILY:

- Jacket potato with Filling
- Salad Bar
- Sandwiches 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.

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WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cottage pie	Chicken and vegetable cobbler	Roast chicken dinner with all the trimmings	Minced beef and dumplings	Fish Friday
Option 2	Pizza wrap (V)	Macaroni cheese (V)	Meatballs in a tomato sauce with pasta (V)	Curry and rice (V)	Quorn dippers (V)
Sides	Choice of seasonal Vegetables peas & sweetcorn Creamed roast	Choice of seasonal Vegetables carrots & green beans Creamed wedges	Choice of seasonal Vegetables mixed veg & cauli Creamed Baby boiled	Choice of seasonal Vegetables broc & carrots Creamed Oven baked	Choice of seasonal Vegetables peas & baked beans Chips pasta
Dessert	Fruit sponge and custard	Fruit biscuits	Beetroot chocolate brownie	Fruit crumble and custard Or ice-cream	Raspberry cupcake

ALSO AVAILABLE DAILY:



- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta beef bolognaise	Chicken and vegetable pie	Roast beef dinner with all the trimmings	Burger in a bun	Fish Friday
Option 2	Cheese and tomato pizza wrap (V)	Chilli con carne and rice (V)	Homemade Cheese pasty or roll (V)	Sweet and sour chicken with rice (V)	Southern fried burger (V)
Sides	Choice of seasonal Vegetables cauli & mixed veg Creamed roast	Choice of seasonal Vegetables sweetcorn & carrots Creamed wedges	Choice of seasonal Vegetables swede & green beans Creamed Baby boiled	Choice of seasonal Vegetables sweetcorn & baked beans Creamed Oven baked	Choice of seasonal Vegetables peas & cauli Chips pasta
Dessert	Fruit sponge and custard	Ice cream and fruit	Homemade biscuits	Steamed chocolate sponge and custard	Raspberry muffin

ALSO AVAILABLE DAILY:



- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef lasagne	Chicken parmesan	Roast chicken dinner with all the trimmings	Toad in the hole	Fish Friday
Option 2	Korma and rice (V)	Pizza baguette (V)	Macaroni cheese / cheesy pasta (V)	Lasagne (V)	Quiche (V)
Sides	Choice of seasonal Vegetables cauli & sweetcorn Creamed roast	Choice of seasonal Vegetables peas & baked beans Creamed wedges	Choice of seasonal Vegetables broc & mixed veg Creamed Baby boiled	Choice of seasonal Vegetables carrots & swede Creamed Oven baked	Choice of seasonal Vegetables peas & sweetcorn Chips pasta
Dessert	Fruit sponge and custard	Ice cream	Cornflake tart	Banana Muffin	cheesecake

ALSO AVAILABLE DAILY:



- Jacket potato with Filling
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

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