hcat academy trust

## What's for Lunch? Week 1

Week commencing: 31st Oct, 14th Nov, 28th Nov, 12th Dec, 2nd Jan, 16th Jan, 30th Jan, 20th Feb, 6th Mar, 20th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage (1,2,9,13) served with mashed potato (2,7,14), seasonal vegetables and gravy	Margherita pizza (2,7,9,14) served with curly fries (2) and beans	Chicken Pie (2,4,7) served with mashed potato (2,7,14), seasonal vegetables and gravy	Gammon served with roast potatoes (13,14), Yorkshire pudding (2,4,7), season vegetables and gravy	Fish (2,5,9) served with chips (13), beans or peas, bread (2) and butter (7)
Vegetarian	Quorn sausage (2,4,7) served with mashed potato (2,7,14), seasonal vegetables and gravy	Tomato pasta (2,7,9,14) served with homemade garlic bread (2,4,7,13)	Vegetable pie (2,4,7) served with mashed potato (2,7,14), seasonal vegetables and gravy	Quorn fillet (4) served with roast potatoes (13,14), Yorkshire pudding (2,4,7), seasonal vegetables and gravy	Vegetable nuggets (2 served with chips (13 beans or peas, bread (2) and butter (7)
Jacket Potato	Jacket potato served with a choice of beans, tuna (4,5,7,9) or cheese (7) and salad	Jacket potato served with a choice of beans, tuna (4,5,7,9) or cheese (7) and salad	Jacket potato served with a choice of beans, tuna (4,5,7,9) or cheese (7) and salad	Jacket potato served with a choice of beans, tuna (4,5,7,9) or cheese (7) and salad	Jacket potato served wi a choice of beans, tun (4,5,7,9) or cheese (7) and salad
Sandwich /wraps	Sandwich (2,7,13) with a choice of: ham, cheese (7) or tuna mayo (4,5,7,9) served with a vegan sausage roll (2)	Sandwich (2,7,13) with a choice of: ham, cheese (7) or tuna mayo (4,5,7,9) served with curly fries (2)	Sandwich (2,7,13) with a choice of: ham, cheese (7) or tuna mayo (4,5,7,9) served with a vegan sausage roll (2)	Sandwich (2,7,13) with a choice of: ham, cheese (7) or tuna mayo (4,5,7,9) served with roast potatoes (13,14)	Sandwich (2,7,13) with a choice of: ham cheese (7) or tuna mayo (4,5,7,9) served with chips (13)
Pudding	Chocolate sponge (2,4,7,13,14) served with custard (2,4,7,13,14)	Orange shortcake (2,4,7) served with custard (2,4,7,13,14)	Fruity flapjack (2,7) served with custard (2,4,7,13,14)	<b>Iced sponge</b> (2,4,7,13,14)	Cooks assortment of treats (2,4,7,13,14)

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## What's for Lunch? Week 2

Week commencing: 17th Nov, 21st Nov, 5th Dec, 9th Jan, 23rd Jan, 6th Feb, 27th Feb, 13th Mar, 27th Mar



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2

MainSavory mino served with potato (2,7,14), pudding (2,4,7) vegetables aVegetarianVegan mince (2 with mashed pot Yorkshire pudd seasonal veg and graJacket PotatoJacket potato s a choice of be (4,5,7,9) or ch and sa	mashedserved wiYorkshireomelette (4,7),, seasonalcroquette (2,7,1),nd gravyspaghetti hoog13) servedQuorn sausato (2,7,14),(2,4,7) serveding (2,4,7),omelette (4,7),yyspaghetti hoog	th (2,7) serve potato homemade 14) and bread (2,4,7 os (1,2) seasonal veg age Tomato pas with (2,7,9,14) ser potato homemade ga 14) and (2,4,7,13) and	d with Yorkshire pudd e garlic (2,4,7) roast pota (13) and (13,14), season getables vegetables and g ta bake Quorn fillet (4) se ved with with Yorkshire pu rilic bread (2,4,7) roast pota seasonal (13,14), season	Fish (2,5,9) served with chips (13), beans or peas, bread (2) and butter (7) erved udding atoes with chips (13), beans or peas, bread (2,7,9,13,14) served with chips (13), beans nal or peas, bread (2) and
with mashed pot Yorkshire pudd seasonal veg and gra Jacket potato s a choice of be (4,5,7,9) or ch	ato (2,7,14), (2,4,7) served   ing (2,4,7), omelette (4,7),   getables croquettes (2,7,   vy spaghetti hoop	with   (2,7,9,14) ser     potato   homemade ga     14) and   (2,4,7,13) and	ved with with Yorkshire pu rlic bread (2,4,7) roast pota seasonal (13,14), seaso	idding(2,7,9,13,14) servedatoeswith chips (13), beansnalor peas, bread (2) and
Jacket a choice of be Potato (4,5,7,9) or cl	arved with			gravy butter (7)
	ans, tuna neese (7)a choice of bear (4,5,7,9) or che	<b>a choice of be</b> ese (7) (4,5,7,9) or cl	ans, tunaa choice of beansneese (7)(4,5,7,9) or chees	, tuna a choice of beans, tuna
Sandwich ( with a choice cheese (7) or t (4,5,7,9) serve vegan sausag	of: ham, a choice of: ham una mayo (7) or tuna mayo ed with a served with p	, cheese   with a choice     (4,5,7,9)   cheese (7) or t     otato   (4,5,7,9) serv	of: ham,with a choice of:una mayocheese (7) or tunaed with a(4,5,7,9) served	ham, a mayowith a choice of: ham, cheese (7) or tuna mayo (4,5,7,9) served
<b>Decoding</b> <b>Chocolate oa</b> (2,7) server custard (2,4,	d with (2,4,7,13) serve	d with (2,4,7,13) ser	ved with (2,4,7,13,14) serve	ed with treats (2 / 7 13 1/)