

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 dinner with all the trimmings	Minced beef pie	Fish Friday
Option 2	Bolognaise (V)	Homemade pizza (V)	Omelettes (V)	Pasta bake (V)	Quorn Chicken Fajitas (V)
Sides	Choice of Seasonal Vegetables Mash Boiled baby potatoes	Choice of Seasonal Vegetables Mash Baked Baby Boiled	Choice of Seasonal Vegetables Mash Roast potatoes	Choice of Seasonal Vegetables Mash Wedges	Choice of Seasonal Vegetables chips
Dessert	Fruit sponge and custard	Meringue and fruit	Fruit Flapjack	Fruit Crumble and custard	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.