

MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta beef bolognaise	Chicken and vegetable pie	Roast dinner with all the trimmings	Burger in a bun	Fish Friday
Option 2	Homemade Pizza (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 Mash Baby Boiled	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	Oat Fruit Crunch	Homemade biscuits	Steamed chocolate sponge and custard	Ice cream

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.