MIDDLESBROUGH School Meals

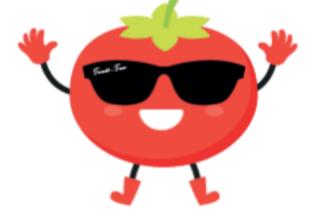
EAT SMART FOR A HEALTHY START!

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef lasagne	Chicken parmesan	Roast dinner with all the trimmings	Toad in the hole	Fish Friday
Option 2	Omelettes (V)	Pizza baguette (V)	Macaroni cheese / cheesy pasta (V)	Lasagne (V)	Quiche (V)
Sides	Choice of seasonal Vegetables Mash Baby Boiled	Choice of seasonal Vegetables Mash Wedges	Choice of seasonal Vegetables Mash Roast potatoes	Choice of seasonal Vegetables Mash Baked Baby Boiled	Choice of seasonal Vegetables Chips
Dessert	Fruit sponge and custard	Steamed Chocolate sponge And custard	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

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.



WEEK 4 MENU