



St Michael's Academy Menu

Fresh fruit, salad, bread and yoghurt available daily

Three week rolling menu

All our dishes are homemade, we use locally sourced products wherever possible

Week 1		Week 2		Week 3	
5 th Nov, 26 th Nov, 17 th Dec, 21 st Jan, 11 th Feb		12 th Nov, 3 rd Dec, 8 th Jan, 28 th Jan		19 th Nov, 10 th Dec, 14 th Jan, 4 th Feb	
Main Course		Main Course		Main Course	
Desert		Desert		Desert	
Monday	Meat Free Mondays Inspired by Jamie Oliver	Monday	Meat Free Mondays Inspired by Jamie Oliver	Monday	Meat Free Mondays Inspired by Jamie Oliver
	Tomato and vegetable pasta		Vegetable curry		Homemade cheese and tomato pizza
Served with sweetcorn and garlic bread		Served with rice and naan bread		Served with beans and sweetcorn	
Tuesday	Sausages	Tuesday	Burger in a bun	Tuesday	Spaghetti bolognese
	Quorn sausage		Veggi burger in a bun		Bean bolognese
Served with mash potato and peas		Served with chunky chips, salad or beans		Served with garlic bread	
Wednesday	Chicken and sauce	Wednesday	Beef Lasagne	Wednesday	Homemade Cottage Pie
	Quorn pieces in sauce		Vegetarian lasagna		Quorn cottage pie
Served with rice and broccoli		Served with seasonal vegetables or salad		Served with peas and gravy	
Thursday	Roast pork	Thursday	Homemade turkey pie	Thursday	Chicken toad in the hole
	Quorn fillet		Vegetarian Pie		Veggi toad in the hole
Served with roast potatoes and seasonal vegetables		Served with potatoes and seasonal vegetable		Served with seasonal vegetables and gravy	
Friday	Salmon fingers	Friday	Battered fish portion	Friday	Fish fingers
	Fish free fingers		Battered quorn nuggets		Fish free fingers
Served with chips and baked beans or peas		Served with chips and baked beans or peas		Served with chips and baked beans or peas	

On rare occasions menu's maybe subject to change due to availability of ingrediants or delivery issues

We also offer Jacket Potatoes with a choice of filling and rice/pasta dishes as an alternative meal option.

These dishes are of a limited number but classes are rotated to enable each child to have a choice



Please ensure that you inform the Office of any allergies