



St Michael's Academy Menu

Fresh fruit, salad, bread and yoghurt available daily

Three week rolling menu

Week 1		Week 2		Week 3	
23 rd Sept, 14 th Oct, 11 th Nov, 2 nd Dec, 6 th Jan, 27 th Jan		30 th Sept, 21 st Oct, 18 th Nov, 9 th Dec, 13 th Jan		7 th Oct, 4 th Nov, 25 th Nov, 16 th Dec, 20 th Jan	
Main Course		Main Course		Main Course	
Desert		Desert		Desert	
Monday	Spaghetti bolognaise Quorn bolognaise Served with garlic bread	Fresh or Tinned fruit and yoghurt	Monday	Turkey curry (mild) Veggie curry (mild) Served with rice, broccoli and naan bread	Fresh or Tinned fruit and yoghurt
Tuesday	Homemade pastry topped chicken pie Vegetable bake Served with mashed potatoes and green vegetables	Fruit crumble and custard	Tuesday	Tomato and vegetable pasta Served with garlic bread, peas or salad	Chocolate sponge and mint custard
Wednesday	Homemade Turkey Burgers Seasoned veggie burgers Served in a bap with fries and salad sticks	Raisin muffins	Wednesday	Homemade breaded chicken chunks Southern Fried Quorn nuggets Served with skin on fries and baked beans	Apple cake
Thursday	Roast Beef Quorn fillet roast Served with roast potatoes, yorkshire pudding and seasonal vegetables	Carrot Cake	Thursday	Roast gammon Roast Quorn fillet Served with roast potatoes, yorkshire pudding and seasonal vegetable	Vanilla milk pudding
Friday	Breaded Salmon fingers Quorn nuggets Served with chips and baked beans or peas	Australian Crunch	Friday	Cod fish fingers Battered Quorn nuggets Served with chips and baked beans or peas	Cherry flapjack
			Monday	Ham and Cheese pasta Carbonara Mushroom Carbonara Served with garlic bread, and salad sticks	Strawberry, Banana or Chocolate mousse
			Tuesday	Homemade cottage pie Veggie pie Served with peas and carrots	Pineapple upside down cake and custard
			Wednesday	Baked sausages Veggie sausages Served with potato croquettes and baked beans	Fresh or Tinned fruit and yoghurt
			Thursday	Roast Pork Quorn fillet roast Served with roast potatoes, Yorkshire puddings and seasonal vegetables	Homemade cupcakes
			Friday	Battered fish Southern Fried Quorn nuggets Served with chips and baked beans or peas	Coco rice crispie or cornflake cake

2nd option is always available alongside the main dish.

This is usually jacket potato, rice or pasta with a choice of filling



Please ensure that you inform the Office of any allergies