








Lunchtime @ The Vale Primary Academy

		 Main course	 Veggie main	 Potato filling	 Daily sandwich	 Pudding
WEEK 1	M	Popcorn crispy chicken, chips and sweetcorn	Vegetable Cottage Pie & Peas	Jacket Potato with a Choice of fillings	Ham & Cheese Panini Cheese & cucumber sandwich	Sticky Toffee Pudding
	T	Beef Bolognaise & Pasta With Garlic Bread	Veggie Meatballs & Pasta in a tomato sauce With Garlic Bread	Jacket Potato with a Choice of fillings	Chicken Salad Wrap Jam sandwich	Home Made Shortbread
	W	Roast Gammon, Roast Potatoes Peas & Carrots	Crispy Vegetable Burger & Salad	Jacket Potato with a Choice of fillings	Tuna Melt Panini Cheese salad wrap	Berry Muffin
	T	Bangers & Mash Served with Vegetables	Cheese & Onion Pie Served with Vegetables	Jacket Potato with a Choice of fillings	Ham Sandwich Egg and cress sandwich	Apple Sponge & Custard
	F	Fish Fingers, Herby Wedges & Beans	Veggie Lasagne (Quorn) With Salad & Garlic Bread	Jacket Potato with a Choice of fillings	Tuna Sandwich Cheese and pickle sandwich	Ice Cream
WEEK 2	M	Pepperoni pizza with beans and wedges	Cheese & Tomato Pizza with Wedges & Beans	Jacket Potato with a Choice of fillings	Ham Sandwich Cheese toastie	Lemon Cake & Custard
	T	Chicken & Tomato Pasta & Garlic Bread	Tomato Pasta Bake with Salad & Garlic Bread	Jacket Potato with a Choice of fillings	Cheese Sandwich, Tuna Melt panini	Apple Flapjack
	W	Roast Chicken With Roasted Potatoes & Vegetables	Quorn Roast Roasted Potatoes & Vegetables	Jacket Potato with a Choice of fillings	BBQ Chicken Wrap Jam Sandwich	Mixed Selection of Angle Delight
	T	Home Made Sausage Roll Beans & Potatoes	Cheese & Onion Pinwheels Beans & Potatoes	Jacket Potato with a Choice of fillings	Tuna Mayo Sandwich Egg and cress sandwich	Chocolate Sponge & Chocolate Sauce
	F	Fish & Chips with Peas, Or Baked beans	Mac & Cheese Served with Garlic Bread	Jacket Potato with a Choice of fillings	Ham Sandwich (1/2 Baguette) Cheese sandwich	Strawberry Cheese Cake
WEEK 3	M	Beef Burger Served with Wedges & Slaw	Vegetable Burger Served with Wedges & Slaw	Jacket Potato with a Choice of fillings	Egg & Cress Mayo Sandwich Chicken salad wrap	Vanila Muffin
	T	Chicken Korma With Rice	Veggie Korma With Rice	Jacket Potato with a Choice of fillings	Chicken Salad Wrap Cheese and cucumber sandwich	Syrup Sponge & Custard
	W	Roast Pork Seasonal Vegetables & Roasted Potatoes	Quorn Roast Seasonal Vegetables & Roasted Potatoes	Jacket Potato with a Choice of fillings	Tuna Melt Panini Sausage sandwich	Fruit Pie & custard
	T	Chilli Con Carne with rice	Cheese & Onion Quiche With Baby Potatoes & Salad	Jacket Potato with a Choice of fillings	Ham & Cheese Toastie Cheese and onion wrap	Chocolate Brownie
	F	Fish cake, veg and baby potatoes	Cheese & Tomato Pizza Served with Chips & Beans	Jacket Potato with a Choice of fillings	Tuna Sandwich Pork and stuffing wrap	Sponge & Custard

Cheese & crackers, yoghurt & fresh fruit available everyday