








Lunchtime @ The Vale Primary Academy

Summer 2024

		 Main course	 Veggie main	 Potato filling	 Daily sandwich	 Pudding
WEEK 1	M	Pepperoni Pasta bake	Sweet Chilli Quorn pieces & Vegetable fried rice	Jacket Potato with a Choice of fillings	Tuna Mayo Sandwich or Cheese & Cucumber wrap	Lemon sponge & Custard
	T	Crispy chicken chunks, peas & baby potatoes	Veg lasagne & Garlic bread	Jacket Potato with a Choice of fillings	Ham Salad Baguette Or egg mayo wrap	Fruit Jelly
	W	Roast beef, Roast potatoes & Seasonal veg	Sweet potato Balti, braised rice & onion bhaji	Jacket Potato with a Choice of fillings	Tuna melt panini or Jam Sandwich	Oaty Apple Crumble & Custard
	T	Chicken Curry with Rice	Vegetable Curry & Rice	Jacket Potato with a Choice of fillings	Chicken Mayo Sandwich or Cheese & Onion Panini	Fruit cheesecake
	F	Fish Cake, Chips & Peas	Mac & Cheese with Garlic Bread	Jacket Potato with a Choice of fillings	Cheese & Tomato Wrap or BBQ Chicken Sandwich	Homemade Flapjack
WEEK 2	M	Popcorn chicken, Veg & Beans	Homemade Cheese & tomato Pizza	Jacket Potato with a Choice of fillings	Ham Roll or Tuna Sandwich	Raspberry Delight
	T	Sausage & Mash	Vegetable pasta bake	Jacket Potato with a Choice of fillings	Cheese & Bean Panini or ham salad baguette	Sticky toffee pudding
	W	Roast Chicken, Potatoes & Vegetables	Vegetable pie, Potatoes & vegetables	Jacket Potato with a Choice of fillings	Chicken & bacon Baguette or Egg mayo wrap	Strawberry Cheesecake Pot
	T	Italian Meatballs with pasta	Quorn Nuggets, Savoury rice, Sweet & Sour sauce	Jacket Potato with a Choice of fillings	Ham wrap or Jam sandwich	Fruit Sorbet
	F	Fish & Chips with peas	French bread margherita pizza	Jacket Potato with a Choice of fillings	Cheese toastie or Chicken Salad Wrap	Chocolate Sponge & custard
WEEK 3	M	Beef burger & sweet potato wedges	Vegetable burrito & Sweet potato wedges	Jacket Potato with a Choice of fillings	Egg Mayo sandwich & Ham Roll	Homemade flapjack
	T	Chicken Curry & Rice	Vegetable spring roll & noodles	Jacket Potato with a Choice of fillings	Turkey Sandwich & Chicken Salad wrap	Syrup sponge & Custard
	W	Roast Ham with Potatoes Peas & Carrots	Veg Chilli taco with BBQ Beans	Jacket Potato with a Choice of fillings	Bacon Sandwich or Cheese & Cucumber Wrap	Cherry Muffin
	T	Chicken Pasta bake with Garlic Bread	Cheesy broccoli pasta bake with Garlic Bread	Jacket Potato with a Choice of fillings	Ham & cheese Panini or Egg Mayo baguette	Lemon sponge
	F	Fish fingers, chips & peas	Veggie burger with peas or Beans	Jacket Potato with a Choice of fillings	Sausage & Cheese Wrap or Cheese Salad Sandwich	Homemade Shortbread Biscuit

Cheese & crackers, yoghurt & fresh fruit available everyday