

MARLBOROUGH ROAD ACADEMY – LUNCHTIME MENU

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>SAMPLE</b>	<b>Main Meal</b>	Mince and Vegetable Enchiladas served with Sauté Potatoes, Mixed Salad	Diced Chicken and Vegetables in a BBQ Sauce, served with Savoury Rice and Sweetcorn	Oven Baked Chicken served with Garden Peas, Diced Carrots, Roast Potatoes and Gravy	Chicken Sausages, Gravy, served with Farmhouse Vegetables and Creamed Potatoes	Salmon Goujons served with Baked Beans and Oven Baked Herby Diced Potatoes
	<b>Main Meal (non meat) Choice</b>	Fish in Tomato and Basil Sauce, served with Sauté Potatoes, Broccoli and Baton Carrots	Vegetable Samosa, served with Savoury Rice and Sweetcorn	Macaroni Cheese served with Garden Peas and Garlic Tomato Bread	Vegetarian Shepherd's pie in gravy, served with Farmhouse Vegetables	Homemade Cheese and Tomato Quiche served with Baked Beans, Oven Baked Herby Diced Potatoes
	<b>Cold Choice</b>	A selection of freshly made sandwiches/wraps served with choice from the salad bar				
	<b>Jacket Potato</b>	Jacket Potato served with a choice of Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese				
	<b>Pudding</b>	Jam Sponge served with Custard	Chocolate and Beetroot Muffin	Fruity Day	Fruit Jelly with, Angel Delight Topping	Shortbread Biscuit with Fruit and a Milkshake
	<b>Pudding</b>	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	<b>Pudding</b>	Selection of Fresh Fruits / Cheese and Biscuits				



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<b>SAMPLE</b>	<b>Main Meal</b>	Savoury Mince with Yorkshire Pudding, Green Beans and New Potatoes	Beef Burger in a Bun, Peas & Sweetcorn with Oven Baked Chipped Potatoes and a Tomato Dip	Sliced Chicken, Sage and Onion Stuffing, Gravy served with Diced Carrots and Roast Potatoes	Chicken and Vegetable Tikka Masala with Patna Rice and Naan Bread	Lasagne with Garlic Bread, Chopped Salad
	<b>Main Meal (non meat) Choice</b>	Quorn and Vegetable Pasta Bake served with Garlic Bread, Chopped Salad	Vegetarian Sausage Roll, Peas & Sweetcorn with Oven Baked Chipped Potatoes	Cheese Omelette served with Diced Carrots and Roast Potatoes	Cheese and Tomato Pizza served with Oven Baked Jacket Wedges and Salad	Breaded Fish Fillet served with Baked Beans and Oven Baked Herby Diced Potatoes
	<b>Cold Choice</b>	A selection of freshly made sandwiches/wraps served with choice from salad bar				
	<b>Jacket Potatoes</b>	Jacket Potato served with a choice of Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese				
	<b>Pudding</b>	Chocolate and Orange Muffin	Apple Shortbread with Custard	Fruity Day	Chocolate Crunch with Chocolate Sauce	Iced Sponge
	<b>Pudding</b>	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	<b>Pudding</b>	Selection of Fresh Fruits / Cheese and Biscuits				



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<b>SAMPLE</b>	<b>Main Meal</b>	Chicken Tikka Masala served with Patna Rice and Naan Bread	Chicken Sausages served with Baked Beans, Oven Baked Chipped Potatoes	Sliced Chicken, served with Gravy, Roast Potatoes and Mixed Vegetables	Pasta Bolognese with Garlic Bread, Mixed Salad	Homemade Meat Pie served with Garden Peas, Creamed Potatoes and Gravy
	<b>Main Meal (non meat) Choice</b>	Vegetarian Nuggets with Broccoli, Oven Baked Saute Potatoes	Cheese Omelette served with Baked Beans, Oven Baked Chipped Potatoes	Homemade Fish Pie served with Mixed Vegetables	Cheese and Onion Quiche served with Baby Carrots, Oven Baked Jacket Wedges	Fish Fingers served with Garden Peas, Creamed Potatoes
	<b>Cold Choice</b>	A selection of freshly made sandwiches/wraps served with choice from salad bar				
	<b>Jacket Potato</b>	Jacket Potato served with a choice of Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese				
	<b>Pudding</b>	Fudge Brownie Slice	Rice Pudding served with Sultanas	Fruity Day	Apple Viennese Pie with Custard	Ice Cream Tub
	<b>Pudding</b>	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	<b>Pudding</b>	Selection of Fresh Fruits / Cheese and Biscuits				



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