

# Quay Academy Autumn/Winter 2018 Menu



Week 1	Week 2	Week 3
w/c 7 <sup>th</sup> January	w/c 14 <sup>th</sup> January	w/c 21 <sup>st</sup> January
w/c 28 <sup>th</sup> January	w/c 4 <sup>th</sup> February	w/c 11 <sup>th</sup> February
w/c 25 <sup>th</sup> February	w/c 4 <sup>th</sup> March	w/c 11 <sup>th</sup> March
w/c 18 <sup>th</sup> March	w/c 25 <sup>th</sup> March	w/c 1 <sup>st</sup> April



# Primary Autumn/Winter 2018 Menu

## Quay Primary Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese</i>	<b>Chicken Mayo Bun</b> <i>with Jacket Wedges</i>	<b>Roast Chicken</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Pasta Bolognaise</b>	<b>Crispy Fish &amp; Chips</b> <i>Crispy Battered Pollock with Chips</i>
<b>Alternative Dish</b>	<b>Mild Potato and Chickpea Curry</b> <i>with Rice **</i>	<b>Creamy Broccoli and Sweetcorn Pasta **</b>	<b>Quorn Roast</b> <i>with Roast Potatoes and Gravy</i>	<b>Vegetable and Cream Cheese Crumble</b> <i>with New Potatoes</i>	<b>Baked Bean and Cheese Quesadilla</b> <i>with Chips</i>
<b>Vegetables</b>	<b>Sweetcorn Peas</b>	<b>Green Beans Carrots</b>	<b>Cabbage Cauliflower</b>	<b>Carrots Broccoli</b>	<b>Baked Beans Crunchy Coleslaw</b>
<b>Desserts</b>	<b>Flapjack</b> <i>with Fruit Slices *</i>	<b>Pear and Ginger Crumble *</b> <i>with Custard</i>	<b>Chocolate Ice Cream</b>	<b>Brownie Cake</b>	<b>Lemon Shortbread</b>

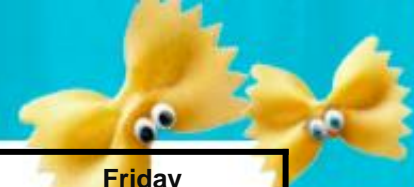
Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Primary Autumn/Winter 2018 Menu

## Quay Primary Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mozzarella &amp; Tomato Pizza **</b> <i>with Pasta Salad **</i>	<b>Pork Sausages</b> <i>with Cheesy Mash</i>	<b>Roast Turkey</b> <i>with Roast Potatoes and Gravy</i>	<b>Traditional Beef Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **</i>	<b>Golden Fish Fingers &amp; Chips</b> <i>Breaded Fish Fingers with Chips</i>
<b>Alternative Dish</b>	<b>Vegetable Biryani</b>	<b>Vegetarian Sausages</b> <i>with Cheesy Mash</i>	<b>Quorn Roast</b> <i>with Roast Potatoes</i>	<b>Vegetarian Tagine</b> <i>with Rice **</i>	<b>Quorn Burger</b> <i>with Chips</i>
<b>Vegetables</b>	<b>Broccoli Sweetcorn</b>	<b>Baked Beans Peas</b>	<b>Seasonal Cabbage Carrots</b>	<b>Green Beans Cauliflower</b>	<b>Peas Baked Beans</b>
<b>Desserts</b>	<b>Apple and Berry Crumble *</b> <i>with Custard</i>	<b>St Clements Sponge Cake</b>	<b>Banana &amp; Apricot Flapjack *</b>	<b>Vanilla Ice Cream</b>	<b>Oatie Biscuit &amp; Fruit Slices *</b>

Cool Water, Fresh Fruit and Yoghurt served daily  
 \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Primary Autumn/Winter 2018 Menu

## Quay Primary Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mozzarella &amp; Tomato Pizza **</b> <i>with Jacket Wedges</i>	<b>Chinese Chicken Noodles</b>	<b>Roast Pork</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Burger</b> <i>with Garlic &amp; Herb Wedge **</i>	<b>Salmon Fish Fingers ***</b> <i>with Chips</i>
<b>Alternative Dish</b>	<b>Mild Yellow Vegetable Curry with Rice</b>	<b>Creamy Tomato and Basil Pasta **</b>	<b>Quorn Roast</b> <i>with Roast Potatoes with Gravy</i>	<b>Vegetable Korma</b> <i>with rice **</i>	<b>Quorn Dippers</b> <i>with Chips</i>
<b>Vegetables</b>	<b>Peas Sweetcorn</b>	<b>Carrots Green Beans</b>	<b>Seasonal Cabbage Carrot and Swede Mash</b>	<b>Broccoli Sweetcorn</b>	<b>Beans Crunchy Coleslaw</b>
<b>Desserts</b>	<b>Pineapple Upside Down Cake *</b> <i>with Custard</i>	<b>Strawberry Ice Cream</b>	<b>Shortbread Fingers</b> <i>with Fruit Slices *</i>	<b>Custard Biscuits</b>	<b>Chocolate and Banana Muffin</b>

Cool Water, Fresh Fruit and Yoghurt served daily  
 \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

