

# Week One

## Nightingale Primary Academy

Primary Menu Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	<b>Build Your Own Taco</b> with Veggie Chilli, Mixed Rice and a Mint yoghurt	Halal Lamb Pasta Bolognese & Garlic Bread	Spicy Halal Chicken Breast	Halal Creamy Chicken & Butternut Korma Curry	Crispy Fish Cheeseburger with Chips & optional Lemon Slaw Or Tomato Sauce
Vegetarian Main Meal Option 1	Wholemeal Margherita Pizza Slice with Jacket Wedges	Veggie Mince Spaghetti Bolognese & Garlic Bread	Quorn Roast with Stuffing & Gravy <u>OR</u> Roast Veggie Balls with similar	Mildly Spiced Sticky Korean Vegetables with Noodles <u>OR</u> Sticky Barbecue Vegetables & Noodles	Crispy Veggie Burger with Chips & optional Lemon Slaw Or Tomato Sauce
Starch	Jacket Wedges/Savoury Rice	Savoury Rice	Roast Potatoes/Savoury Rice	Noodles/Savoury Rice	Chips/Savoury Rice
Vegetable Selection	Green Beans Sweetcorn	Broccoli Roasted Summer Vegetables	Cauliflower Seasonal Greens	Wok Bashed Vegetables Carrots/Mixed Salad	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Orange & Banana Traybake	Apple Flapjack	Tropical Crumble with Pineapple, Mandarin, Peaches & Cream	Watermelon & Pineapple Slices	Chocolate Cookie

### Available Daily

### Pick & Mix Selection

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts



# Week Two

## Nightingale Primary Academy

Primary Menu Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza with Herby Diced Potatoes	Cheesy Halal Chicken & Broccoli Spaghetti with Herby Focaccia	Spicy Halal Chicken Breast	Halal Chicken & Sweetcorn Meatball Sub	Crispy Breaded Fish Fingers (Pollock or Salmon) & Chips
Vegetarian Main Meal Option 1	Smoky Spiced Vegetable Stew with Mexican Rice & Homemade Tortilla Chips	Chinese Vegetable Curry & Mixed Rice & Naan	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Starch	Herby Diced Potatoes/Savoury Rice	Spaghetti/Savoury Rice	Roast Potatoes/Savoury Rice	Baked Wedges/Savoury Rice	Chips/Savoury Rice
Vegetable Selection	Sweetcorn & Peppers Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Broccoli Roasted Winter Vegetables	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Oaty Raisin Cookies with Watermelon Slice	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	(Hidden) Beetroot Brownie

### Available Daily

#### Pick & Mix Selection

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts





# Week Three

## Nightingale Primary Academy

Primary Menu Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Veggie Meatballs with a Mediterranean Tomato Sauce & Fluffy Cous Cous	Traditional Halal Chicken Toad in the Hole with Gravy	Spicy Halal Chicken Breast	Mild Piri Piri Halal Chicken & Lentil Bake served with mixed rice	Classic Friday Fish & Chips with Tomato Sauce
Vegetarian Main Meal Option 1	Wholemeal Margherita Pizza with a half portion of Baby Baked Potatoes	Autumn Vegetable & Wholewheat Tortilla 'Lasagne'	Quorn Roast with Stuffing, & Gravy OR Roast Veggie Meatballs similar	Tomato, Basil & Courgette Pasta Bake	Mozzarella & Fresh Tomato Melt with Chips & Tomato Sauce
Starch	Baked Wedges/Cous Cous/Savoury Rice	Mashed Potatoes/Savoury Rice	Roast Potatoes/Savoury Rice	Savoury Rice	Chips/Savoury Rice
Vegetable Selection	Mixed Vegetables Garden Salad	Green Beans Cauliflower	Wok Bashed Vegetables Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Chocolate Shortbread with Apple Smiles	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Lemon & Courgette Slice

### Available Daily

### Pick & Mix Selection

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts

