

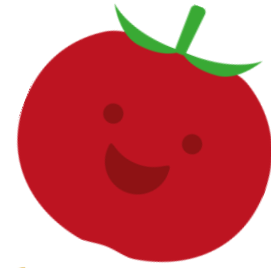
Silver End Academy

Week 1

Monday

**Veggie
Pasta Bolognese**
served with mixed salad

**Veggie Bites in a Tangy
Tomato Sauce**
served with pasta and
corn on the cob



Fresh
All our food is
fresh each day

Tuesday

**Sweet & Sour Chicken
with Noodles**
served with garden peas

Macaroni Cheese
served with a
pea and carrot medley

Jacket Potato with a choice of
toppings

Wednesday

Roast Chicken
served with crispy roast potatoes,
cauliflower florets, shredded
cabbage and gravy

Vegetarian Chilli
served with fluffy rice and
peas & sweetcorn

Jacket Potato with a choice of
toppings

Healthy
Our pasta, rice and
breads are healthy
wholemeal products

Thursday

Toad in the Hole
served with creamy mash,
carrots and broccoli

Curried Vegetable Samosa
served with baked potato wedges
and tomato salsa

Jacket Potato with a choice of
toppings

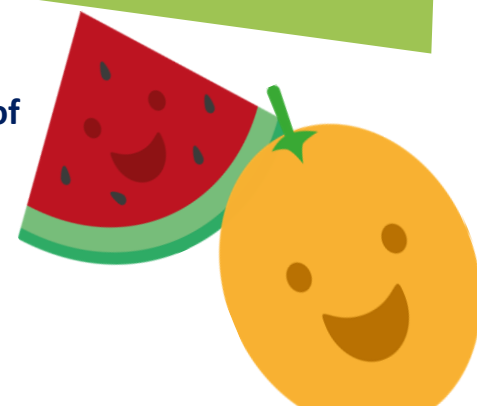
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We always use
reputable suppliers
and where possible
use local produce

Friday

Fishcakes
served with
crispy chips and petits pois

Veggie Squash Puff
served with petit pois

Jacket Potato with a choice of
toppings



Available everyday

A vibrant salad bar, fresh fruit and yoghurt Bread, milk and water

Silver End Academy

Week 2

Monday

Quorn Dippers in a Wholemeal Bun

served with baked sweet potato wedges and sweetcorn

Tuesday

Chicken Tikka Masala

served with fluffy rice and kachumber salad

Wednesday

Cottage Pie

served with carrots and peas

Thursday

Cheesy Chicken Rice

served with sweetcorn kernels

Friday

Crispy White Fish Fillet

served with chipped potatoes and petit pois

Sweet Treat Friday

Kitchens Choice

Vegetable Thai Noodles
mixed stir fried vegetables with Tofu

Jacket Potato with a choice of toppings

Ratatouille Pasta with Quorn

served with a crisp mixed salad

Jacket Potato with a choice of toppings

Lentil Pot Pie

served with carrot and swede mash

Jacket Potato with a choice of toppings

Jacket Potato topped with Quorn Sausage & BBQ Beans

served with a green salad

Jacket Potato with a choice of toppings

Vegetable Frittata

served with chipped potatoes and baked beans

Jacket Potato with a choice of toppings



Fresh
All our food is cooked fresh each day

Healthy
Our pasta, rice and breads are healthy wholemeal products

checked
We always use reputable suppliers and where possible use local produce

Available everyday

A vibrant salad bar, fresh fruit and yoghurt Bread, milk and water



Silver End Academy

Week 3

Monday

Pizza Day **Cheese & Tomato**

served with mixed leaves
and five bean salad

Tuesday

Sticky Chicken

served with fluffy rice and
sweetcorn

Wednesday

Roast Gammon

served with crispy roast potatoes,
sliced carrots, green beans and
gravy

Thursday

Rich Beef Pie

served with creamy mash,
carrots and broccoli

Friday

Freshly Prepared Chicken **Nuggets**

served with crispy chips, baked
beans or petit pois

Sweet Treat Friday

Kitchens Choice

Lentil Moussaka

served with a mixed salad

**Jacket Potato with a choice of
toppings**

Sausage & Mushroom **Goulash**

served with fluffy rice

**Jacket Potato with a choice of
toppings**

Curry Tofu and Potato **Wrap**

served with corn on the cob

**Jacket Potato with a choice of
toppings**

Bean Burrito

served with traffic light salad
(crispy lettuce, tomatoes and
sweetcorn)

**Jacket Potato with a choice of
toppings**

Cheese and Tomato Whirl

served with crispy chips,
baked beans or petit pois

**Jacket Potato with a choice of
toppings**



Fresh
All our food is cooked
fresh each day

Healthy
Our pasta, rice and
breads are healthy
wholemeal products

checked
We always use
reputable suppliers
and where possible
use local produce



Available everyday

**A vibrant salad bar, fresh fruit and yoghurt, bread, milk and
water**