

# THREE WEEK MENU

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



**LACA**  
the school food people

**MENU CHECKED**

2023
























# WEEK 1

W/C: 17/04 08/05 29/05 19/06 10/07 31/07 21/08 11/09  
02/10 23/10 13/11 04/12 25/12 15/01 05/02 26/02 18/03  
08/04

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 	<b>Sausages and Mash</b> Pork and Beef Cocktail Sausages with Mashed Potato and Gravy	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Pasta Bolognese</b> Served with Fusilli Pasta	<b>Fish Fingers</b> Served with Chips and Beans or Salad
JACKET POTATO	<b>Chickpea and Vegetable Tikka Masala</b> Served with Wholegrain Rice   	<b>Macaroni Cheese</b> 	<b>Cheese and Vegetable Bake</b> Served with Roast Potatoes 	<b>Vegetarian Meatless Balls</b> Served with Tomato Sauce and Rice  	<b>Vegetarian Burger</b> Served with Chips and Beans or Salad 
JACKET POTATO	<b>Jacket Potato with Cheese</b> 	<b>Jacket Potato with Vegetarian Bolognese</b>  	<b>Jacket Potato with Salmon Mayo</b>  	<b>Jacket Potato with Baked Beans</b>  	<b>Jacket Potato with Cheese</b> 
All main meals are served with a side of vegetables or salad.					
DESSERT	Smooth Fruit Yoghurt	Cranberry and Orange Shortbread	Jammy Jack	Pineapple Upside-Down Cake 	Fruity Friday 

**AVAILABLE EVERY DAY**  
Water, milk, salad, brown malted bloomer bread & fresh fruit



 Vegetarian  
  Oily Fish  
  Wholegrain  
 Fruity!  
  Nutritionist's Choice



















# WEEK 2

W/C: 24/04 15/05 05/06 26/06 17/07 07/08 28/08 18/09  
09/10 30/10 20/11 11/12 01/01 22/01 12/02 04/03 12/03



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>Cheese and Tomato Pizza</b> 	<b>Chinese Chicken and Egg Rice</b> 	<b>Roast Ham</b> Served with Roast Potatoes and Gravy	<b>Beef Burger in a Bun</b> Served with Ketchup and Diced Potatoes	<b>Fish Fingers</b> Served with Chips and Beans or Salad
<b>Cauliflower Macaroni Cheese</b>  	<b>Cheese and Tomato Pasta</b> 	<b>Quorn Sausage</b> Served with Roast Potatoes and Gravy 	<b>Vegetarian Pasta Bolognese</b> Served with Fusilli Pasta  	<b>Vegan Dippers</b> Served with Chips and Beans or Salad 
<b>Jacket Potato with Baked Beans</b>  	<b>Jacket Potato with Cheese</b> 	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Baked Beans</b>  	<b>Jacket Potato with Vegetarian Bolognese</b>  



All main meals are served with a side of vegetables or salad.

<b>Banana Marble Sponge</b> 	<b>Smooth Fruit Yoghurt</b>	<b>Apricot Shortbread</b>	<b>Jammy Jack</b>	<b>Fruity Friday</b> 
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**AVAILABLE EVERY DAY**  
Water, milk, salad, brown malted bloomer bread & fresh fruit



 Vegetarian  
  Oily Fish  
  Wholegrain  
 Fruity!  
  Nutritionist's Choice






















# WEEK 3

W/C: 01/05 22/05 12/06 03/07 24/07 14/08 04/09 25/09  
16/10 06/11 27/11 18/12 08/01 29/01 19/02 11/03 01/04

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	<b>Cheese and Tomato Pizza</b> 	<b>Sausages and Mash</b> Pork and Beef Cocktail Sausages with Mashed Potato and Gravy	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Chicken Tikka Masala</b> Served with Rice	<b>Fish Fingers</b> Served with Chips and Beans or Salad
JACKET POTATO	<b>Mixed Beany Chilli</b> Served with Rice  	<b>Chinese Vegetable and Egg Rice</b>   	<b>Quorn Sausage</b> Served with Roast Potatoes and Gravy 	<b>Macaroni Cheese</b> 	<b>Vegetarian Meatless Balls</b> Served with Tomato Sauce and Chips 
JACKET POTATO	<b>Jacket Potato with Baked Beans</b>  	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Cheese</b> 	<b>Jacket Potato with Vegetarian Bolognese</b>  	<b>Jacket Potato with Cheese</b> 
All main meals are served with a side of vegetables or salad.					
DESSERT	<b>Pineapple Upside-Down Cake</b> 	<b>Smooth Fruit Yoghurt</b>	<b>Cranberry and Orange Shortbread</b>	<b>Mandarin and Lamond Drizzle Slice</b>	<b>Fruity Friday</b> 

**AVAILABLE EVERY DAY**  
Water, milk, salad, brown malted bloomer bread & fresh fruit



 Vegetarian  
  Oily Fish  
  Wholegrain  
 Fruity!  
  Nutritionist's Choice