



Rook's Nest Academy School Meals

Autumn 2020 v2

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week Commencing 5/10	<ul style="list-style-type: none"> Sticky Chicken & Rice Jacket Potato with Veg Curry and Cheese Cheese and Bean Roulade 	<ul style="list-style-type: none"> Pasta Bolognese Jacket Potato with Beans and Cheese Veg Cottage Pie 	<ul style="list-style-type: none"> Roast Beef with New Potatoes and Veg Jacket Potato with ham and Cheese Macaroni cheese with chunky bread 	<ul style="list-style-type: none"> Homemade Meat & Potato Pie with Mushy Peas and Mint Sace Jacket Potato with Cheese and Coleslaw Cheese Pinwheel with herby cubes 	<ul style="list-style-type: none"> Fish and Chips Jacket Potato with Tuna and Cheese Red Pepper and Onion Omllette with Chips
Week 2 Week Commencing 12/10	<ul style="list-style-type: none"> Curried Chicken on a Bed of Rice Jacket Potato with Ravioli and Cheese Ravioli Topped with Melted Cheese 	<ul style="list-style-type: none"> Sticky Ribs (Boneless pork in sweet sauce) with Rice Jacket Potato with BBQ beans and Cheese Quorn Mince and Mash 	<ul style="list-style-type: none"> Corned Beef Hash, Yorkshire Pudding and veg Jacket Potato with Ham and Cheese Chickpea Chilli Rice 	<ul style="list-style-type: none"> Homemade Sausage Plait, Mash and Onion Gravy Jacket Potato with Coleslaw and Cheese Vegetarian Shepherd's Pie with Veg 	<ul style="list-style-type: none"> Burger and Fries Jacket Potato with Beans and Cheese Quorn Hotdog with Chips
Week 3 Week Commencing 19/10	<ul style="list-style-type: none"> Bangers & Mash Jacket Potato with Beans and Cheese Veg Curry and Rice 	<ul style="list-style-type: none"> All Day Breakfast Jacket Potato with Ham and Cheese Veggy all Day Breakfast 	<ul style="list-style-type: none"> Roast Chicken Dinner Jacket Potato with Beef Stew and Cheese Quorn Roast 	<ul style="list-style-type: none"> Minced beef pie with New Potatoes Jacket Potato with Veg & Mince Beef or Cheese BBQ Pizza & herby cubes 	<ul style="list-style-type: none"> Chicken Nuggets and Chips Jacket Potato with Tuna and Cheese Veggy Hotdog & Chips
Week 4 Week Commencing 28/09	<ul style="list-style-type: none"> Pork Sausage and Mash Jacket Potato with Curry or Cheese Veg Foo Yung 	<ul style="list-style-type: none"> All Day Breakfast Jacket Potato with Coleslaw and Cheese Meat-free All Day Breakfast 	<ul style="list-style-type: none"> Roast Turkey, Roast Potatoes and Veg Jacket Potato with Tuna Mayo and Cheese Broccoli and Cauliflower Bake with Crusty Bread 	<ul style="list-style-type: none"> Cornish Pasty and New Potatoes Jacket Potato with Beans and Cheese Veg Pie and New Potatoes 	<ul style="list-style-type: none"> BBQ Pizza and Chips Jacket Potato with Beanie Salad and Cheese Spicy Mexican Burrito

Fresh water, salad and bread are available daily.