



Rook's Nest Academy School Meals

Autumn 2nd Half - 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week Commencing 2/11, 30/11	<ul style="list-style-type: none"> Mild Chicken Korma with Rice or Naan Bread Jacket Potato with Tuna Mayo and Cheese NEW Noodle Stir fry 	<ul style="list-style-type: none"> NEW Pasta mince layer with garlic bread Jacket Potato with mince or cheese Pizza wraps with wedges 	<ul style="list-style-type: none"> Roast Turkey Sandwich with stuffing, Roast Potatoes and Veg Jacket Potato with coleslaw and Cheese Quorn Chow Mein 	<ul style="list-style-type: none"> Meatballs with Spaghetti (tomato sauce) Jacket Potato with Veg Curry and Cheese Mild Veggie Curry and Naan Bread 	<ul style="list-style-type: none"> Hotdog and Fries Jacket Potato with Cheese and Beans Veggie Sausage in bread bun with fries
Week 2 Week Commencing 9/11, 7/12	<ul style="list-style-type: none"> Sweet Chilli Sticky Chicken with Egg Fried Rice Jacket Potato with Tuna and Sweetcorn Mayo Cheese Cheese and Tomato Baguette with Wedges 	<ul style="list-style-type: none"> Sausage and Tomato Pasta with Garlic Bread Jacket Potato with Sausage in Tomato Sauce Veggie Bake with Garlic Bread 	<ul style="list-style-type: none"> Yorkshire Pudding Beef Wrap with Potatoes and Veg Jacket Potato with Coleslaw and Cheese Quorn Roast 	<ul style="list-style-type: none"> Chinese Style Pork Stir Fry with Veg Jacket Potato with Veggie Sausage Casserole Veggie Sausage Casserole with Mash 	<ul style="list-style-type: none"> Fish Fingers and Chips Jacket Potato with Beans and Cheese NEW Cream Cheese Wrap, Chips and Salad
Week 3 Week Commencing 16/11, 14/12	<ul style="list-style-type: none"> Hunter's Chicken with Rice Jacket Potato with Tuna and Sweetcorn Mayo Veggie Chilli Con Carne with Yellow Rice 	<ul style="list-style-type: none"> Mac 'n Cheese with Garlic Bread Jacket Potato with Coleslaw and Cheese Leek and Potato Bake with Veg 	<ul style="list-style-type: none"> Hot Pork Sandwich, stuffing & apple Sauce with Mini Roasts Jacket Potato with Cheese & Savoury Mince (v) Veggie Mince with Roast Potatoes and Veg 	<ul style="list-style-type: none"> Sausage Plait and Mashed Potatoes Jacket Potato with Cheese and Chilli Mushroom Stroganoff with Tortilla Wrap 	<ul style="list-style-type: none"> Quiche Lorraine and Chips Jacket Potato with Cheese and Beans Margarita Pizza with Chips
Week 4 Week Commencing 23/11	<ul style="list-style-type: none"> Creamy Garlic Chicken and Yellow Rice Jacket Potato with Cheese and Ham Mac 'n Cheese 	<ul style="list-style-type: none"> NEW Pork and Beans Bake with Wedges Hot/Cold Buffet Lunch (Sandwich, Sausage Roll, Pizza, Herby Cubes) Vegetarian Hot/Cold Buffet 	<ul style="list-style-type: none"> Roast Beef Dinner with Veg and Mash Jacket Potato with Cheese and Beans Quorn Roast Dinner 	<ul style="list-style-type: none"> Sausage Casserole with Roast Potatoes Jacket Potato with Cheese Pork Sausage Casserole NEW Bubble and Squeak Patty 	<ul style="list-style-type: none"> BBQ Pizza with Chips (v) Jacket Potato with Cheese and Ham Vegi Nuggets with Chips

Fresh water, salad and bread are available daily.

The Sandwich Lunch Option is available every day (a choice of sandwiches, fruit, salad sticks, home bake and drink).