



# Rook's Nest Academy School Meals

Spring 2 - 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week Commencing 15/3	<ul style="list-style-type: none"> <li>Mild Chicken Korma with Rice or Naan Bread</li> <li>Jacket Potato with Tuna Mayo and Cheese</li> <li>Noodle Stir fry</li> </ul>	<ul style="list-style-type: none"> <li>Pasta mince layer with garlic bread</li> <li>Jacket Potato with mince or cheese</li> <li>Pizza wraps with wedges</li> </ul>	<ul style="list-style-type: none"> <li>Roast Turkey Sandwich with stuffing, Roast Potatoes and Veg</li> <li>Jacket Potato with coleslaw and Cheese</li> <li>Quorn Chow Mein</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs with Spaghetti (tomato sauce)</li> <li>Jacket Potato with Veg Curry and Cheese</li> <li>Mild Veggie Curry and Naan Bread</li> </ul>	<ul style="list-style-type: none"> <li>Hotdog and Fries</li> <li>Jacket Potato with Cheese and Beans</li> <li>Veggie Sausage in bread bun with fries</li> </ul>
Week 2 Week Commencing 22/2, 22,3	<ul style="list-style-type: none"> <li>Sweet Chilli Sticky Chicken with Egg Fried Rice</li> <li>Jacket Potato with Tuna and Sweetcorn Mayo Cheese</li> <li>Cheese and Tomato Baguette with Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Sausage and Tomato Pasta with Garlic Bread</li> <li>Jacket Potato with Sausage in Tomato Sauce</li> <li>Veggie Bake with Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Yorkshire Pudding Beef Wrap with Potatoes and Veg</li> <li>Jacket Potato with Coleslaw and Cheese</li> <li>Quorn Roast</li> </ul>	<ul style="list-style-type: none"> <li>Chinese Style Pork Stir Fry with Veg</li> <li>Jacket Potato with Veggie Sausage Casserole</li> <li>Veggie Sausage Casserole with Mash</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers and Chips</li> <li>Jacket Potato with Beans and Cheese</li> <li>Cream Cheese Wrap, Chips and Salad</li> </ul>
Week 3 Week Commencing 1/3	<ul style="list-style-type: none"> <li>Hunter's Chicken with Rice</li> <li>Jacket Potato with Tuna and Sweetcorn Mayo</li> <li>Veggie Chilli Con Carne with Yellow Rice</li> </ul>	<ul style="list-style-type: none"> <li>Mac 'n Cheese with Garlic Bread</li> <li>Jacket Potato with Coleslaw and Cheese</li> <li>Leek and Potato Bake with Veg</li> </ul>	<ul style="list-style-type: none"> <li>Hot Pork Sandwich, stuffing &amp; apple Sauce with Mini Roasts</li> <li>Jacket Potato with Cheese &amp; Savoury Mince (v)</li> <li>Veggie Mince with Roast Potatoes and Veg</li> </ul>	<ul style="list-style-type: none"> <li>Sausage Plait and Mashed Potatoes</li> <li>Jacket Potato with Cheese and Chilli</li> <li>Mushroom Stroganoff with Tortilla Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Quiche Lorraine and Chips</li> <li>Jacket Potato with Cheese and Beans</li> <li>Margarita Pizza with Chips</li> </ul>
Week 4 Week Commencing 8/3	<ul style="list-style-type: none"> <li>Creamy Garlic Chicken and Yellow Rice</li> <li>Jacket Potato with Cheese and Ham</li> <li>Mac 'n Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Pork and Beans Bake with Wedges</li> <li>Hot/Cold Buffet Lunch (Sandwich, Sausage Roll, Pizza, Herby Cubes)</li> <li>Vegetarian Hot/Cold Buffet</li> </ul>	<ul style="list-style-type: none"> <li>Roast Beef Dinner with Veg and Mash</li> <li>Jacket Potato with Cheese and Beans</li> <li>Quorn Roast Dinner</li> </ul>	<ul style="list-style-type: none"> <li>Sausage Casserole with Roast Potatoes</li> <li>Jacket Potato with Cheese Pork Sausage Casserole</li> <li>Bubble and Squeak Patty</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Pizza with Chips (v)</li> <li>Jacket Potato with Cheese and Ham</li> <li>Vegi Nuggets with Chips</li> </ul>

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).