



Rook's Nest Academy School Meals

Spring 2—2022

	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week Commencing 10/1, 7/2	<ul style="list-style-type: none"> ● Cheese and Tomato Pasta ● Jacket Potato with Coleslaw and Cheese ● Veggie Sausage, Mash, Yorkshire Pudding 	<ul style="list-style-type: none"> ● Curry with Rice or Naan ● Jacket Potato with curry and cheese ● Pin Wheel 	<ul style="list-style-type: none"> ● Roast Pork Dinner ● Jacket Potato with Tuna and Cheese ● Veggie Spaghetti Bowl 	<ul style="list-style-type: none"> ● Beef Hotpot with Veg ● Jacket Potato with savoury mince and cheese ● Quorn Roast with New Potatoes 	<ul style="list-style-type: none"> ● Hotdogs with Fries ● Jacket Potato with Cheese and Beans ● Veggie Hotdogs with Fries
Week 2 Week Commencing 17/1, 14/2	<ul style="list-style-type: none"> ● Cottage Pie ● Jacket Potato with Mince and Cheese ● Veggie Curried Noodles 	<ul style="list-style-type: none"> ● All Day Breakfast ● Jacket Potato with Cheese and Bean Casserole ● Bean Casserole and Mash 	<ul style="list-style-type: none"> ● Roast Chicken Dinner ● Jacket Potato with Coleslaw and Cheese ● Quorn Roast 	<ul style="list-style-type: none"> ● Cornish Pasty and Mushy Peas ● Jacket Potato with Tuna and cheese ● Pasta Bake 	<ul style="list-style-type: none"> ● Fish and Chips ● Jacket Potato with Beans and Cheese ● Veggie Omelette and Chips
Week 3 Week Commencing 24/1	<ul style="list-style-type: none"> ● Handmade Margarita Pizza with Wedges ● Jacket Potato with Beans and cheese ● Hot Cheese Roll and Wedges 	<ul style="list-style-type: none"> ● Fish Fingers with New Potatoes and Peas ● Jacket Potato with Coleslaw and Cheese ● Pot Noodle 	<ul style="list-style-type: none"> ● Hot Roast Pork Sandwich, Roasties and Veg ● Jacket Potato with Cheese & Tuna ● Quorn Pasta 	<ul style="list-style-type: none"> ● Beef Stew and Mash ● Jacket Potato with Cheese and Beef Stew ● Bean Burrito 	<ul style="list-style-type: none"> ● Burger and Chips ● Jacket Potato with Cheese and Ham ● Quorn Burger and Chips
Week 4 Week Commencing 04/1, 31/1	<ul style="list-style-type: none"> ● Mac 'n Cheese with Garlic Bread ● Jacket Potato with Goulash and Cheese ● Veg & Mixed Pepper Goulash with Rice 	<ul style="list-style-type: none"> ● Pork Steak Casserole and Mash ● Jacket Potato with Cheese and Coleslaw ● Quorn Sausage Hash 	<ul style="list-style-type: none"> ● Roast Beef Yorkshire Pudding Wrap ● Jacket Potato with Cheese and Tuna ● Cauliflower & Broccoli Bake with Roast Potato Chunks 	<ul style="list-style-type: none"> ● Meatballs Pasta ● Jacket Potato with Cheese and Ham ● Veggie Stir Fry and Rice 	<ul style="list-style-type: none"> ● BBQ Pizza & Herby Cubes ● Jacket Potato with Beans and Cheese ● Veggie Nuggets and 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). Ham sandwiches are not an option on Monday