Rook's Nest Academy School Meals

Autumn Term 2 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week Commencing 2/11, 30/11	Tomato Pasta & Garlic Bread Jacket Potato with Cheese or other filling Cheese & Onion Loaded Potato Skin	Southern Fried Chicken Wrap Jacket Potato with Cheese or other filling Quorn Mince Bolognese	Sausage & Mash Jacket Potato with Cheese or other filling Quorn Vegan Southern Wrap with Salad	Spaghetti Bolognese Jacket Potato with Cheese or other filling Veggie Sausage & Mash	Fish and Chips Jacket Potato with Cheese or other filling Quorn Vegan fish Fingers with Chips
Week 2 Week Commencing 9/11, 7/12	Mac 'n Cheese with Crusty Bread Jacket Potato with Cheese or other filling Veggie Meatballs & Pasta	Fish Fingers Jacket Potato with Cheese or other filling Quorn Roast	Roast Pork Dinner Jacket Potato with Cheese or other filling Quorn Curry with Rice	Chicken Curry with Rice Jacket Potato with Cheese or other filling Veggie Fingers	Hot Dogs with Fries Jacket Potato with Cheese or other filling Veggie Hotdogs with Fries
Week 3 Week Commencing 16/11, 14/12	Cheese & Tomato French Bread Pizza Jacket Potato with Cheese or other filling Broccoli & Cauliflower Cheese Bake	Ham Carbonara Jacket Potato with Cheese or other filling Smiley Quorn Mince Yorkshire Puddings with new Potatoes	Smiley Cottage Pie Yorkshire Puddings with New Potatoes Jacket Potato with Cheese or other filling BBQ Veggie Meatballs Sub	BBQ Pulled Pork Sub Jacket Potato with Cheese or other filling Veggie Sausage Pasta	Burger & Fries Jacket Potato with Cheese or other filling Quorn Burger with Fries
Week 4 Week Commencing 23/11	Pasta Bake With Veg & Garlic Bread Jacket Potato with Cheese or other filling Creamy Mushrooms with French Bread	Crispy Sweet & Sour Chicken with Rice Jacket Potato with Cheese or other filling Shepherdess Pie	All Day Breakfast Jacket Potato with Cheese or other filling Margharita Pizza with Salad	Sticky Chicken Pizza with Salad Jacket Potato with Cheese or other filling Crispy Quorn Sweet & Sour with Rice	Chicken Nuggets with Fries Jacket Potato with Cheese or other filling Veggie Nuggets with Fries

The Sandwich Lunch Option is available every day (Jam, Ham or Cheese), fruit, salad sticks, home bake and drink.

Most of our meals can be adapted for children who require Gluten Free or Dairy Free options. If your child has any allergies or intolerances the kitchen team must be made aware. We will meet with you to discuss your child's needs. We endeavour to avoid cross contamination but cannot guarantee this.