



# Mickleover Primary School

|  |     | Meaty Main  | Veggie Express                            | Carbs                 | Market Vegetables                      | Deli Special                                      | Sandwich                          | Yummy Puddings  |
|--|-----|---|---|-----------------------|--|---|-----------------------------------|---|
| W1<br>26th Feb<br>19th Mar<br>23rd Apr<br>14th May | Mon | Bangers and Mash                                      | Quorn Bangers and Mash                    | Mashed Potatoes       | Carrots and Garden Peas                | Pasta Bar with Tomato and Basil Sauce             | Cheddar Cheese Baguette           | Jam Sponge and Custard                                |
|  | Tue | Super Cheesy Pizza                                    | BBQ Quorn Pizza                           | Warm Pasta Salad      | Garden Peas and Sweet Corn             | Jacket Potato Bar with Coleslaw or BBQ Quorn      | Egg Mayo on Wholemeal Bread       | Natural Greek Yoghurt with Apple and Cinnamon Crumble |
|  | Wed | Braised Beef and Yorkshire Pudding                    | Cream Cheese and Chive Quiche             | Roast Potatoes        | Mixed Vegetables and Cauliflower       | Ham & Cheese Melt (Cheese Melt available)         | Tuna and Sweet Corn Wrap          | Belgian Waffle and Raspberry Ripple Ice Cream         |
|  | Thu | Honey and Ginger Chicken                              | Quorn Chow Mein                           | Fluffy Rice           | Steamed Broccoli and Carrots           | Jacket Potato Bar with Cheese and Beans           | Roast Beef and Tomato Baguette    | Natural Greek Yoghurt with Strawberry and Meringue    |
|  | Fri | Battered Mini Fish with Lemon Wedge                   | Vegetable Burrito                         | Chips                 | Mushy Peas and Spaghetti Hoops         | Pasta Bar with Tomato Sauce and Crispy Bacon Bits | Cheddar Cheese on Wholemeal Bread | Rocky Road Crispy Cake                                |
| W2<br>5th Mar<br>9th Apr<br>30th Apr<br>21st May   | Mon | 100% Beef Burger                                      | Quorn Burger                              | Herby Diced Potatoes  | Garden Peas and Carrots                | Roasted Salmon and Leek Pasta Bake                | Cheddar Cheese Baguette           | Syrup Sponge and Custard                              |
|  | Tue | Creamy Chicken Curry with Mini Naan and Mango Chutney | Vegetable Samosas with Yoghurt Dip        | Basmati Rice          | Steamed Mixed Vegetables               | Jacket Potato Bar with Cheese and Beans           | Tuna Salad Wrap                   | Natural Greek Yoghurt with Raspberry and Waffle Crumb |
|  | Wed | Roast Pork with Crunchy Crackling and Apple Sauce     | Cheese and Onion Pasty                    | Mashed Potatoes       | Spring Cabbage and Cauliflower         | Pasta Bar with Roasted Garlic and Tomato Sauce    | Egg Mayo on Wholemeal Bread       | Cornflake Tart with Custard                           |
|  | Thu | Beef Lasagne  | Quorn Lasagne                             | Garlic Bread          | Steamed Broccoli and Sweet Corn        | Jacket Potato Bar with BBQ Pork or Coleslaw       | BBQ Pulled Pork Roll              | Natural Greek Yoghurt with Coconut Cookie and Peaches |
|  | Fri | Fish Fingers with Tomato Chutney                      | Spanish Omelette                          | Chips                 | Baked Beans or Garden Peas             | Pork Sausage Roll                                 | Egg Mayo on Granary Bread         | Chocolate Cheesecake                                  |
| W3<br>12th Mar<br>16th Apr<br>7th May              | Mon | Spaghetti Bolognaise                                  | Quorn Bolognaise                          | Whole Wheat Spaghetti | Mixed Vegetables and Roasted Courgette | Jacket Potato Bar with Cheese and Beans           | Tuna Mayo Baguette                | Arctic Roll with Peaches                              |
|  | Tue | Taco Tuesday with a selection of fillings             | Taco Tuesday with a selection of fillings | Herby Diced Potatoes  | Garden Peas and Roasted Corn           | Pasta Bar with Tomato and Basil Sauce             | Ham Salad Wrap                    | Natural Greek Yoghurt with Strawberry Shortcake       |
|  | Wed | Roast Turkey with Sage and Onion Stuffing             | Cheese and Potato Pie                     | Roast Potatoes        | Cauliflower Cheese and Green Beans     | Jacket Potato Bar with Tuna Mayo and Coleslaw     | Cheddar Cheese on Wholemeal Bread | Chocolate Sponge Pudding and Custard                  |
|  | Thu | Slow Cooked Pork Goulash                              | Vegetable Stroganoff                      | Rice                  | Steamed Broccoli and Butternut Squash  | Macaroni Cheese                                   | Roast Chicken Baguette            | Natural Greek Yoghurt with Fresh Fruit Salad          |
|  | Fri | Fish Cakes with Lemon Mayo Dip                        | Meat Free Sausage Roll                    | Chips                 | Baked Beans or Minty Mushy Peas        | Cheese and Tomato Quesadillas                     | B.L.T.                            | Jammy Doughnuts                                       |

Did you know, here at Mickleover we have Home baked **breads, Salad Bar, Fresh fruit** and chilled drinks are also available daily.

We're committed to using a minimum of 5% **organic produce!**

Oh and all of the tasty fish has been caught sustainably, approved by the MSC.

Menu may be subject to change without prior notice

Fresh fruit and Vegetables are subject to seasonal variation



Allergen Key: Celery Crustaceans Eggs Fish Gluten Milk Mustard Peanuts Sulphur Dioxide Soya

St George's Day  
23rd April

World Book Day  
1st March

National Sandwich Week  
30th April - 4th May

American Independence Day  
4th July

Dont forget about our Themed Menus!

