


















































































Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwich	Yummy Puddings
W1 30th Oct 20th Nov 11th Dec 8th Jan 29th Jan	Mon	Beef Lasagne    	Quorn Lasagne   	Garlic Bread	Green Beans and Carrots	Jacket Potato Bar with Roasted Salmon Salad and Coleslaw   	Cheddar Cheese Baguette  	Honey Cup Pudding and Custard   
	Tue	Chicken and Ham Pie with Sage and Onion Gravy    	Cheese and Onion Pasty   	Croquette Potatoes	Braised Cabbaged and Sweet Corn	Pasta Bar with Tomato and Basil Sauce   	Egg Mayo on Granary Bread   	Natural Greek Yoghurt with Strawberry Smoothie and Granola  
	Wed	Toad in the Hole   	Quorn Sausage Toad in the Hole   	Mashed Potato	Carrots and Peas	Ham & Cheese Toasty (Cheese Toasty available)  	Cheddar Cheese on Wholemeal Bread  	Chocolate Beet Brownie   
	Thu	Spanish Chicken Casserole 	Sweet and Sour Quorn Bites  	Fluffy Rice	Roast Squash and Broccoli	Jacket Potato Bar with Cheese and Beans 	Tuna and Sweet Corn Wrap   	Natural Greek Yoghurt with Roast Peach and Shortcake  
	Fri	Battered Mini Fish with Lemon Wedge    	Cheesy Garlic & Herb Quesadillas  	Chips	Mixed Vegetables and Baked Beans	Pasta Bar with Tomato Sauce and Crispy Bacon Bits   	B.L.T  	Orange and Cranberry Cookies   
W2 6th Nov 27th Nov 18th Dec 15th Jan 5th Feb	Mon	Sweet and Sour Chicken Bites  	Vegetable Spring Rolls     	Basmati Rice	Green Beans and Sweet Corn	Pasta Bar with Roasted Garlic and Tomato Sauce   	Cheddar Cheese Baguette  	Syrup Sponge and Custard   
	Tue	Savoury Beef with Herby Dumpling   	Quorn Stew with Herby Dumpling   	Sweet Potato Mash	Braised Cabbage and Cauliflower Gratin	Jacket Potato Bar with Cheese and Beans 	Chilli Chicken Twister   	Natural Greek Yoghurt with Blackcurrant and Crushed Meringue  
	Wed	Roast Turkey with Sage and Onion Stuffing and Cranberry Sauce   	Meat Free Sausage Roll   	Roast Potatoes	Roast Parsnips and Mixed Vegetables	Tuna Melt Baguette    	Egg Mayo on Wholemeal Bread   	Pear Crumble and Custard   
	Thu	Mac & Cheese   	Sweet Pepper Pasta Bake  	Garlic Bread	Carrots and Broccoli	Jacket Potato Bar with 5 Bean Chilli or Coleslaw   	Cheese Salad Wrap  	Natural Greek Yoghurt with Banana Mango Smoothie and Flapjack  
	Fri	Fish Fingers    	Spanish Omelette  	Chips	Spaghetti Hoops or Garden Peas	Cheese Toasty  	Coronation Turkey Naan   	Jammy Doughnuts   
W3 13th Nov 4th Dec 1st Jan 22nd Jan 12th Feb	Mon	Swedish Meat Balls in Neapolitan Sauce    	Quorn Meat Balls    	Pasta Twists	Steamed Mixed Vegetables	Jacket Potato Bar with Cheese and Beans 	Tuna Mayo Baguette   	Apple Crumble and Custard   
	Tue	Beef and Potato Pie    	Roasted Vegetable Frittata  	New Potatoes	Garden Peas and Sweet Corn	Meatball Sub (Quorn Sub available)   	Ham Salad Wrap  	Natural Greek Yoghurt with Poached Pears and Coco crumble  
	Wed	Roast Pork with Crunchy Crackling and Apple Sauce  	Cheese and Potato Pie   	Roast Potatoes	Cauliflower Cheese and Carrots	Jacket Potato Bar with Tuna and Coleslaw   	Cheddar Cheese on Wholemeal Bread  	Chocolate Sponge and Chocolate Sauce   
	Thu	Creamy Chicken Curry with Mini Naan and Mango Chutney    	Vegetable Chow Mein     	Rice	Green Beans and Butternut Squash	Pasta Bar with Tomato and Basil Sauce   	Roast Pork Baguette  	Natural Greek Yoghurt with Strawberries and Crushed Meringue  
	Fri	Fish Cake with Parsley and Lemon Mayo    	Pasta Bake    	Chips	Baked Beans or Minty Mushy Peas	Pork Sausage Roll   	Egg Mayo on Granary Bread   	Traffic Light Jelly and Strawberry Cream  

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

Christmas Lunch

14 December

Australia Day

26 January

Pancake Day

13 February

World Book Day

1 March

Dont forget about our Themed Menus!