

Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwiches	Yummy Puddings
W1 30th August 20th September 11th October	Mon	Chicken Bites with Sweet and Sour Sauce	Quorn Bites with Sweet and Sour Sauce	Rice	Mixed Vegetables	Jacket Potato with Chicken Mayo or Cheese and Beans	Ham or Cheese Sandwich	Honey Cake
	Tue	Cheese and Tomato Bagel Bites	Spaghetti with Tomato Sauce and Cheese	Potato Wedges	Carrots, Peas and Sweetcorn	Chicken Tikka Pasty *	Ham or Cheese Sandwich	Natural Greek Yoghurt with Roasted Peaches
	Wed	Roast Chicken with Sage and Onion Stuffing and Gravy	Quorn Fillet with Sage and Onion Stuffing and Gravy	Roast Potatoes and Yorkshire Pudding	Carrots and Broccoli	Egg Mayo Wrap	Ham or Cheese Sandwich	Fresh Fruit Salad or Cheese and Crackers
	Thu	Pasta Bolognese	Vegetarian Pasta Bolognese		Sweetcorn or Cucumber and Carrot Sticks	Jacket Potato with Cheese and Beans	Ham or Cheese Sandwich	Chocolate Beet Brownie
	Fri	Fish Fingers with Tartare Sauce	Cheese Omelette	Chips	Spaghetti Hoops or Peas		Ham or Cheese Sandwich	Sugar Ring Doughnuts
W2 6th September 27th September 18th October	Mon	Big Breakfast	Veggie Big Breakfast	Hash Browns or Potato Waffles	Baked Beans		Ham or Cheese Sandwich	Vanilla Sponge
	Tue	Macaroni Cheese	Pasta with Tomato Sauce and Cheese	Garlic Bread **	Mixed Vegetables	Jacket Potato with Tuna Mayo and Cheese	Ham or Cheese Sandwich	Natural Greek Yoghurt with Shortbread Biscuit Bite
	Wed	Braised Beef with Gravy	Roast Quorn Fillet with Gravy	Roast Potatoes and Yorkshire Pudding	Carrots, Broccoli and Peas	Ham and Cheese or Cheese Baguette	Ham or Cheese Sandwich	Lemon Drizzle Cake
	Thu	Chicken Tikka Masala with Naan Bread	Quorn Tikka Masala with Naan Bread	Rice	Cauliflower, Peas and Sweetcorn	Cheese Toasty	Ham or Cheese Sandwich	Apple Crumble with Custard
	Fri	Mini Battered Fish with Curry Sauce	Vegan Sausage Roll	Chips	Baked Beans or Mushy Peas	Sausage Roll	Ham or Cheese Sandwich	Popcorn and Milkshake
W3 13th September 4th October	Mon	Pasta with Meatballs in Tomato Sauce	Pasta with Quorn Meatballs in Tomato Sauce	Garlic Bread **	Peas and Sweetcorn	Breaded Chicken, Cucumber and Mayo Wrap	Ham or Cheese Sandwich	Malva Cake
	Tue	Chicken Pie with Gravy		Mashed Potatoes	Carrots, Broccoli and Peas	Jacket Potato with Tuna Mayo and Cheese	Ham or Cheese Sandwich	Chocolate Chip Cookies
	Wed	Mild Chilli Tacos	Quorn Tacos	Rice	Corn on the Cob or Mixed Vegetables	Tuna Melt	Ham or Cheese Sandwich	Apple and Cinnamon Flapjack
	Thu	Breaded Chicken Fillet	Tomato and Basil Quiche	Steamed Potatoes with Butter	Mixed Vegetables	Pasta with Tomato Sauce and Cheese	Ham or Cheese Sandwich	Cornflake Tart with Custard
	Fri	Fish Cake	Cheese Panini	Chips	Baked Beans or Peas	Ham and Cheese Panini	Ham or Cheese Sandwich	Fruit Jelly and Ice 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 and approved by the MSC.

Menu may be subject to change without prior notice

Fresh fruit and vegetables are subject to seasonal variation

Dont forget about our **Themed Menus!**