










Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwiches	Yummy Puddings
W1 3rd June 24th June 15th July 2nd September 23rd September 14th October	Mon	Meaty Big Breakfast 	Veggie Big Breakfast 	Hash Brown or Potato Waffle	Baked Beans or Spaghetti Hoops	Jacket Potato with Beans or Spaghetti Hoops	Ham or Cheese Sandwich***	Jam Sponge and Custard
	Tue	Spanish Chicken Stew 	Quorn Sausage Casserole	Couscous or Pasta	Steamed Mixed Vegetables	Cheese and Bean Quesadilla ***	Ham or Cheese Sandwich***	Carrot Cake with Lemon Frosting
	Wed	Braised Beef Steak with Gravy	Vegan Fillet with Gravy	Mashed Potatoes and Yorkshire Pudding	Broccoli, Carrots and Cauliflower	Pasta with Puttanesca Sauce with or without Cheese	Ham or Cheese Sandwich***	Greek Yoghurt with Crushed Strawberry and Meringue
	Thu	Cheese Pizza	Spanish Omelette	Herby Diced Potatoes	Carrots and Sweetcorn	Jacket Potato with Beans or Spaghetti Hoops	Ham or Cheese Sandwich***	Devon Split
	Fri	Breaded Cod Star/Fishcake 	Vegetable Fingers	Chips	Baked Beans or Mushy Peas	Bacon Egg Mayo Wrap ***	Ham or Cheese Sandwich***	Flapjack
W2 10th June 1st July 22nd July 9th September 30th September 21st October	Mon	Chicken Bites with Sweet and Sour Sauce 	Vegan Bites with Sweet and Sour Sauce	Rice or Egg Noodles in Soy Sauce	Broccoli and Sweetcorn	Tuna Wrap	Ham or Cheese Sandwich***	Chocolate Crunch with Custard
	Tue	Beef Lasagne	Quorn Lasagne	Garlic Bread **&***	Peas and Carrots	**New Dish** Fish Finger Butty	Ham or Cheese Sandwich***	Orange Cake
	Wed	Roast Chicken Fillet with Gravy	Roast Quorn Fillet with Gravy	Roast Potatoes and Yorkshire Pudding	Broccoli or Cauliflower and Carrots	Jacket Potato with Cheese and Beans or Spaghetti Hoops	Ham or Cheese Sandwich***	Apple Pie with Custard
	Thu	Macaroni Cheese	Cheese and Bean Melt ***	Garlic Bread **&***	Mixed Vegetables	Pasta with Tomato Sauce with or without Cheese	Ham or Cheese Sandwich***	Greek Yoghurt with Fruit Salad
	Fri	Battered Fish with Tartare or Curry Sauce 	Cheese Panini ***	Chips	Baked Beans or Peas	Ham and Cheese Panini ***	Ham or Cheese Sandwich***	Ring Doughnuts ** 
W3 17th June 8th July 16th September 7th October	Mon	Pork Meatballs with Tomato Sauce	Samosa with Lentil Dhal	Pasta & Garlic Bread **&***	Peas and Carrots	Cheese Toasty	Ham or Cheese Sandwich***	Chocolate Cookies
	Tue	Mild Chilli Beef Tacos	Mild Quorn Tacos	Rice	Peas and Sweetcorn	Jacket Potato with Bacon and Cream Cheese or Baked Beans	Ham or Cheese Sandwich***	Plain Scones with Jam
	Wed	Pork Sausages ****	Quorn Sausages	Mashed Potatoes and Yorkshire Pudding	Broccoli or Carrots	Tuna Mayo Melt on Wholemeal Baguette ***	Ham or Cheese Sandwich***	Chocolate Beet Brownie
	Thu	Macaroni Cheese	Chow Mein Noodles with Spring Roll	Garlic Bread **&***	Carrots and Sweetcorn	Jacket Potato with Spaghetti Hoops and Cheese	Ham or Cheese Sandwich***	Greek Yoghurt with Strawberry and Meringue
	Fri	Fish Fingers with Tartare or Curry Sauce	Vegan Sausage Roll 	Chips	Baked Beans or Peas	Sausage Roll 	Ham or Cheese Sandwich***	Jelly - vegetarian option available

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

Don't forget about our **Themed Menu**

