

Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwiches	Yummy Puddings
W1 3rd November 24th November 15th December 19th January 9th February	Mon	Pork Meatballs with or without Tomato Sauce and Cheese	Quorn Vegan Meatballs with or without Tomato Sauce and Cheese	Pasta	Green Beans and Sweetcorn	Cheese and Bean Quesadilla	Ham or Cheese Sandwich***	Chocolate Crunch with Custard
	Tue	Cheese Pizza	Spanish Omelette	Potato Wedges	Mixed Vegetables	Jacket Potato with Baked Beans or Spaghetti Hoops with or without Cheese	Ham or Cheese Sandwich***	Banana Bread
	Wed	Roast Chicken with Gravy	Roast Quorn Vegan Fillet with Gravy	Roast Potatoes and Yorkshire Pudding	Broccoli and Carrots	Cheese and Tomato Quiche	Ham or Cheese Sandwich***	Cheese and Crackers or Strawberry Yoghurt with Fruit
	Thu	Beef Bolognese	Quorn Bolognese	Garlic Bread **	Peas and Sweetcorn	Jacket Potato with Tuna Mayo or Cheese	Ham or Cheese Sandwich***	Apple Crumble with Custard
	Fri	Cod Goujon	Vegetable Finger	Chips	Baked Beans or Mushy Peas	Toasted Cheese Bagel ***	Ham or Cheese Sandwich***	Coconut Flapjack
W2 10th November 1st December 5th January 26th January	Mon	Chicken Bites with or without Sweet and Sour Sauce	Vegan Bites with or without Sweet and Sour Sauce	Rice or Egg Noodles in Soy Sauce	Green Beans and Sweetcorn	Egg Mayo Mini Baguette ***	Ham or Cheese Sandwich***	Rice Pudding with Roasted Peaches
	Tue	Macaroni Cheese	Vegetable Fingers served with Mini Jacket Potatoes	Garlic Bread **	Peas and Carrots	Jacket Potato with Cheese and Beans	Ham or Cheese Sandwich***	Lemon Drizzle with Custard
	Wed	Pork Sausage with Gravy	Quorn Vegan Sausage with Gravy	Mashed Potatoes and Yorkshire Pudding	Broccoli or Cauliflower and Carrots	Pasta with Tomato Sauce with or without Cheese	Ham or Cheese Sandwich***	Strawberry Yoghurt served with Homemade Granola
	Thu	Mild Chicken Curry	Mild Quorn Curry	Rice and Naan Bread	Mixed Vegetables	Jacket Potato with Cheese and Beans	Ham or Cheese Sandwich***	Chocolate Tray Bake with Chocolate Icing
	Fri	Battered Fish Fillet	Cheese and Bean Quesadilla	Chips	Baked Beans or Peas	Cheese Omelette	Ham or Cheese Sandwich***	Chocolate Brownie
W3 17th November 8th December 12th January 2nd February	Mon	Big Breakfast	Veggie Big Breakfast	Hash Brown	Baked Beans or Spaghetti Hoops	Cheese and Onion Roll	Ham or Cheese Sandwich***	Chocolate Cookie
	Tue	Pasta with Tomato Sauce with or without Cheese	Cheese Bagel Pizza ***	Garlic Bread**	Mixed Vegetables	Jacket Potato with Tuna Mayo or Cheese and B	Ham or Cheese Sandwich***	Steamed Jam Pudding
	Wed	Braised Turkey with Gravy	Quorn Vegan Fillet with Gravy	Roast Potatoes and Yorkshire Pudding	Broccoli and Carrots or Baked Beans	Tuna Pasta Bake	Ham or Cheese Sandwich***	Strawberry Yoghurt served with Shortbread Biscuit *
	Thu	Chicken Tikka	Quorn Tikka	Rice and Naan Bread	Carrots and Sweetcorn	Egg Mayo Wrap	Ham or Cheese Sandwich***	Sticky Toffee Pudding
	Fri	Fish Fingers with Tartare or Curry Sauce	Vegan Sausage Roll	Chips	Baked Beans or Peas	Sausage Roll	Ham or Cheese Sandwich***	Flapjack

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**

14th November

Children in Need

16th December

Christmas Dinner

13th Feb

Pancake Day

