

Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwiches	Yummy Puddings
W1 31st October 21st November 12th December 16th January 6th February	Mon	Chicken Bites with Veggie Chow Mein or Sweet and Sour Sauce	Quorn Bites with Veggie Chow Mein or Sweet and Sour Sauce	Rice	Peas and Sweetcorn	Jacket Potato with Cheese and Beans	Ham or Cheese Sandwich***&****	Banana Bread
	Tue	Cheese and Tomato Pizza	Pasta in Tomato Sauce with or without Cheese	Garlic Bread** and Potato Wedges	Corn on the Cob, Peas and Carrots	Egg Mayo Wrap	Ham or Cheese Sandwich***&****	Cornflake Tart with Custard
	Wed	Roast Turkey with or without Gravy	Roast Quorn with or without Gravy	Roast Potatoes and Yorkshire Pudding	Mixed Vegetables	Tuna Mayo Melt***&****	Ham or Cheese Sandwich***&****	Flapjack
	Thu	Chicken Tikka	Vegetable Samosas with or without Tikka Sauce	Rice and Naan Bread	Steamed Broccoli and Carrots	Pasta with Tomato Sauce with or without Cheese and/or Bacon	Ham or Cheese Sandwich***&****	Vanilla Greek Yoghurt with Roasted Peaches
	Fri	Fishcake	Vegan Sausage Roll	Chips	Beans or Mushy Peas	Sausage Roll	Ham or Cheese Sandwich***&****	Devon Split
W2 7th November 28th November 19th December 23rd January 13th February	Mon	Big Breakfast	Veggie Big Breakfast	Hash Browns or Potato Waffles	Baked Beans or Spaghetti Hoops	Jacket Potato with Baked Beans or Spaghetti Hoops and/or Cheese	Ham or Cheese Sandwich***&****	Chocolate Crunch and Custard
	Tue	Mild Chilli Tacos	Mild Quorn Tacos	Rice	Peas and Sweetcorn	Macaroni Cheese	Ham or Cheese Sandwich***&****	Fresh Fruit Salad or Cheese and Crackers
	Wed	Roast Chicken with Gravy	Roast Quorn Fillet with Gravy	Roast Potatoes and Yorkshire Pudding and/or Stuffing	Steamed Broccoli and Carrots	Chicken Mayo Wrap	Ham or Cheese Sandwich***&****	Apple Crumble with Custard
	Thu	Hot Dog	Vegetarian Hot Dog	Herby Diced Potatoes	Mixed Vegetables	Pasta with Tomato Sauce and/or Cheese	Ham or Cheese Sandwich***&****	Chocolate Chip Cookies
	Fri	Mini Battered Fish with a choice of Tartare Sauce or Curry Sauce	Cheese Toasty	Chips	Baked Beans	Ham and Cheese Toasty	Ham or Cheese Sandwich***&****	Jammy Doughnuts**
W3 14th November 5th December 9th January 30th January	Mon	Pork Meatballs with or without Tomato Sauce	Quorn Meatballs with or without Tomato Sauce	Pasta and Garlic Bread**	Peas and Carrots	Jacket Potato with Cream Cheese and Bacon or Spaghetti Hoops and Cheese	Ham or Cheese Sandwich***&****	Raspberry Slice
	Tue	Butter Chicken	**New Dish** Beetroot Falafel with Tikka Sauce	Rice and Naan Bread	Peas and Sweetcorn	Chicken and Vegetable Fajita	Ham or Cheese Sandwich***&****	Syrup Sponge and Custard
	Wed	Toad in the Hole with Gravy	Roast Quorn Fillet with Gravy	Roast Potatoes and Yorkshire Pudding	Broccoli and Cauliflower	Pasta with Tomato Sauce and/or Cheese	Ham or Cheese Sandwich***&****	Carrot Cake
	Thu	Beef Lasagne	Macaroni Cheese	Garlic Bread** and Diced Potatoes	Steamed Carrots and Sweetcorn	Jacket Potato with Tuna Mayo or Beans	Ham or Cheese Sandwich***&****	Greek Yoghurt with Mixed Berry Compote
	Fri	Fish Finger with a choice of Tartare Sauce or Curry Sauce	Cheese Panini	Chips	Peas and Baked Beans	Ham and Cheese Panini	Ham or Cheese Sandwich***&****	Lemon Drizzle

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**

16th November

 Roast Dinner Day

15th December

 Christmas Dinner

17th February

 Pancake Day

