

Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwiches	Yummy Puddings
W1 4th November 25th November 16th December 20th January 10th February	Mon	Beef Burger with or without Cheese***	Quorn Burger***	Potato Wedges	Baked Beans or Sweetcorn	Jacket Potato with Cheese and Beans/Spaghetti Hoops	Ham or Cheese Sandwich***	Jam Sponge and Custard
	Tue	Butter Chicken Curry	Vegetable Samosas with Lentil Dahl	Rice and Naan Bread	Mixed Vegetables	Pasta with Tomato Sauce with or without Cheese	Ham or Cheese Sandwich***	Lemon Drizzle
	Wed	Pork Sausage with Gravy	Vegan Sausage with Gravy	Mashed Potato and Yorkshire Pudding	Broccoli, Carrots and Cauliflower	Tuna and Cheese Quesadilla	Ham or Cheese Sandwich***	Greek Yoghurt with Roasted Peaches
	Thu	Cheese and Tomato Pizza	Cheese Omelette	Diced Potatoes	Carrots and Sweetcorn	Jacket Potato with Cheese and Beans/Spaghetti Hoops	Ham or Cheese Sandwich***	Coconut Flapjack
	Fri	Breaded Fish with Lemon Mayo Dip	Cheese Toasty***	Chips	Baked Beans or Mushy Peas	Ham and Cheese Toasty***	Ham or Cheese Sandwich***	Chocolate Brownie
W2 11th November 2nd December 6th January 27th January	Mon	Chicken Bites with Sweet and Sour Sauce	Vegan Bites with Sweet and Sour Sauce	Rice or Noodles in Soy Sauce	Broccoli and Sweetcorn	Spring Roll	Ham or Cheese Sandwich***	Chocolate Crunch and Custard
	Tue	Beef Lasagne	Quorn Lasagne	Garlic Bread**	Peas and Carrots	Fish Finger Butty with Potato Wedges***	Ham or Cheese Sandwich***	Banana Bread
	Wed	Roast Chicken with Gravy	Roast Vegan Fillet with Gravy	Roast Potatoes and Yorkshire Pudding	Broccoli, Carrots and Cauliflower	Jacket Potato with Cheese and Beans/Spaghetti Hoops	Ham or Cheese Sandwich***	Apple Crumble with Custard
	Thu	Macaroni Cheese	Egg Mayo Wrap	Garlic Bread**	Mixed Vegetables	Pasta with Tomato Sauce with or without Cheese	Ham or Cheese Sandwich***	Greek Yoghurt with Shortbread Biscuit
	Fri	Mini Battered Fish with a choice of Tartare/Curry Sauce	Cheese and Bean Quesadilla***	Chips	Baked Beans or Peas	Shepherds Pasty	Ham or Cheese Sandwich***	Ring Doughnuts**
W3 18th November 9th December 13th January 3rd February	Mon	Pork Meatballs with or without Tomato Sauce	Quorn Meatballs with or without Tomato Sauce	Pasta	Peas and Carrots	Tuna Pasta Bake	Ham or Cheese Sandwich***	Vanilla Sponge with Raspberry Jam
	Tue	Mild Chilli Beef Tacos with or without Cheese	Mild Chilli Quorn Tacos with or without Cheese	Rice	Peas and Sweetcorn	Jacket Potato with Cheese and Beans or Tuna Mayo	Ham or Cheese Sandwich***	Cornflake Tart with Custard
	Wed	Roast Gammon with Gravy	Roast Vegan Fillet with Gravy	Mashed Potatoes and Yorkshire Pudding	Broccoli and Sweetcorn	Pasta with Tomato Sauce with or without Cheese	Ham or Cheese Sandwich***	Cookies**
	Thu	Macaroni Cheese	Vegetable Fingers with Mini Jacket Potato	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 a choice of Tartare Sauce or Curry Sauce	Vegan Sausage Roll	Chips	Baked Beans or Peas	Sausage Roll	Ham or Cheese Sandwich***	Jelly

Did you know, here at Mickleover we have **Home Baked Breads, Salad Bar, Fresh Fruit** and chilled drinks are also available daily.

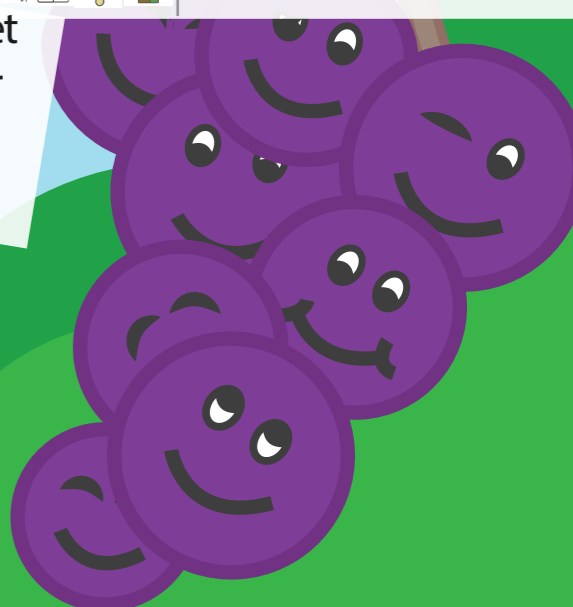
We're committed to using a minimum of 5% **organic produce!**

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 Menus!**



Allergen Key: Celery Crustaceans Eggs Fish Gluten Milk Mustard Peanuts Nuts Sulphur Dioxide Soya Sesame Seeds Lupin Molluscs

* May Contain Nuts - ** May Contain Milk - *** May Contain Sesame Kids Choice H - Halal