
















































































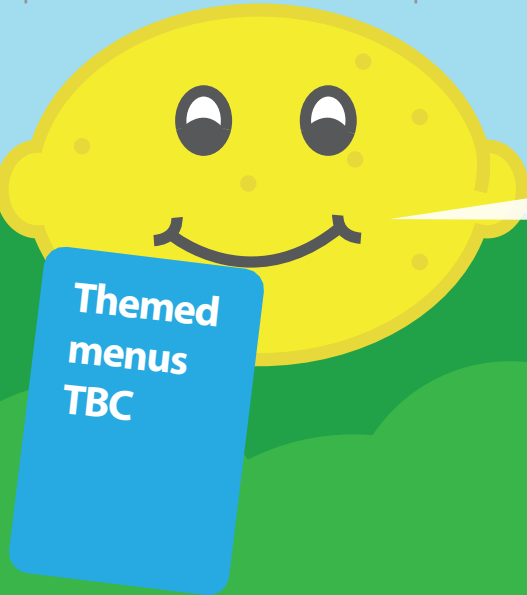


Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwiches	Yummy Puddings
W1 2nd June 23rd June 14th July 1st Sept 22nd Sept 13th Oct	Mon	Big Breakfast 	Veggie Big Breakfast 	Hash Browns or Potato Waffles	Baked Beans or Spaghetti Hoops 	Tuna Melt Wrap 	Ham or Cheese Sandwich *** 	Upside Down Pineapple Cake 
	Tue	Pasta with Tomato Sauce with or without Cheese 	Cheese Bagel *** 	Potato Wedges	Peas and Sweetcorn	Jacket Potato with Cheese and Beans or Spaghetti Hoops 	Ham or Cheese Sandwich *** 	Lemon Drizzle with Custard 
	Wed	Roast Chicken with Gravy	Roast Vegan Fillet with Gravy 	Mashed Potato and Yorkshire Pudding 	Broccoli and Carrots	Fish Finger Sandwich *** 	Ham or Cheese Sandwich *** 	Greek Yoghurt with Strawberries 
	Thu	Mild Chilli Beef Taco with or without Cheese 	Mild Quorn Chilli Taco with or without Cheese 	Rice	Peas and Sweetcorn	Cheese and Tomato Omelette 	Ham or Cheese Sandwich *** 	Chocolate Crunch with Custard 
	Fri	Fishcake 	Cheese Toasty *** 	Chips	Mushy Peas and Baked Beans	Ham and Cheese Toasty *** 	Ham or Cheese Sandwich *** 	Jelly
W2 9th June 30th June 21st July 8th Sept 29th Sept 20th Oct	Mon	Chicken Bites with or without Curry Sauce  H	Vegan Bites with or without Sweet and Sour Sauce 	Rice or Noodles in Soy Sauce 	Broccoli and Sweetcorn	Jacket Potato with Cream Cheese and Bacon or Cheese and Beans 	Ham or Cheese Sandwich *** 	Carrot Cake 
	Tue	Macaroni Cheese 	Vegetable Fingers with Mini Jacket Potatoes 	Garlic Bread ** 	Peas and Carrots	Cheese and Bean Quesadilla 	Ham or Cheese Sandwich *** 	Vanilla or Chocolate Ice Cream 
	Wed	Roast Gammon with Gravy with or without Pineapple	Vegan Quorn Fillet with Gravy with or without Pineapple 	Mashed Potato and Yorkshire Pudding 	Broccoli, Cauliflower Cheese and Carrots 	Pasta with Tomato Sauce with or without Cheese 	Ham or Cheese Sandwich *** 	Chocolate Chip Cookies 
	Thu	Beef Lasagne 	Quorn Lasagne 	Garlic Bread ** 	Mixed Vegetables	Jacket Potato with Cheese and Beans 	Ham or Cheese Sandwich *** 	Greek Yoghurt with Shortbread Biscuit 
	Fri	Battered Fish with Tartare or Curry Sauce 	Cheese Omelette 	Chips	Baked Beans and Peas	Cheese and Bean Quesadilla 	Ham or Cheese Sandwich *** 	Flapjack 
W3 16th June 7th July 15th Sept 6th Oct	Mon	Beef Burger *** 	Quorn Burger *** 	Potato Wedges	Corn on the Cob or Peas	Tuna Pasta Salad 	Ham or Cheese Sandwich *** 	Popcorn and Milkshake 
	Tue	Pasta with Tomato Sauce with or without Cheese 	Quorn Dippers with Hasselback Potatoes 	Garlic Bread ** 	Mixed Vegetables	Jacket Potato with Cheese and Beans or Spaghetti Hoops 	Ham or Cheese Sandwich *** 	Cornflake Tart with Custard 
	Wed	Pork Sausages 	Vegan Sausages 	Potato Wedges	Broccoli, Carrots or Baked Beans	Tuna Pasta Bake 	Ham or Cheese Sandwich *** 	Devon Split 
	Thu	Chicken Tikka  H	Vegan Tikka 	Rice and Naan Bread 	Carrots and Sweetcorn	Egg Mayo Sandwich 	Ham or Cheese Sandwich *** 	Fresh Fruit Salad with or without Greek Yoghurt 
	Fri	Fish Fingers with Tartare or Curry Sauce 	Cheese and Onion Roll 	Chips	Baked Beans and Peas	Sausage Roll 	Ham or Cheese Sandwich *** 	Vanilla Cheesecake 

Did you know, here at Mickleover we have **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, 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!**

