

Ryhope Infant School Academy

Menu Sept 2020 to July 2021

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Margherita pizza with Herby Diced Potatoes	Southern coated Chicken with seasoned potato wedges	Steak Casserole in a Giant Yorkshire pudding with sweet potato mash	Corned Beef Pie with steamed new potatoes	Fish Fillet with chips
Meal 2	Vegetable Keema Curry with Rice	Homemade Tomato Soup served with choice of sandwiches (See choices Below)	Tuna Pasta & homemade doughballs	Vegetable Hotpot with homemade stottie	Vegetable chilli cheese burrito with BBQ noodles
Meal 3	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad
Desserts	Fruity flapjack served with custard	Sticky toffee pudding with cream	Fresh Fruit	Pineapple sponge with Custard	Butterscotch biscuit with milk
Selected Fresh Fruit & Yoghurt available as a daily alternative					
Drinks	Milk or water				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Tomato & Basil Pasta with Herby Garlic Bread	Cheeseburger in a bun with Curly fries	Roast chicken with gravy Yorkshire Pudding & roast potatoes	Mince & Dumplings with Creamed potatoes	Fish Bites with chips
Meal 2	Vegetable Stir fry with Sweet chilli noodles	Quorn bolognaise with Tortilla Chips	Sweet Potato, lentil & chickpea Curry with rice or naan bread	Homemade Quiche with minted potatoes	BBQ Quorn fillet with Sunshine rice
Meal 3	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad
Desserts	Jam roly poly with custard	Strawberry muffin delight	Fresh Fruit	Chocolate Surprise Cake with custard	Banoffee biscuit serve with milk
Selected Fresh Fruit & Yoghurt available as a daily alternative					
Drinks	Milk or water				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Vegetable bolognaise with Herby bread	Bun filled with Marinara Meatballs with potato noisettes	Roast Beef with gravy and Roast Potatoes	Pork Sausages with Rich Onion Gravy & Creamed Potatoes	Salmon Fillet with Chips
Meal 2	Cheese & Tomato Pizza with Spicy diced potatoes	Cauliflower Cheese Nuggets with tomato relish and mediterranean cous cous	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Quorn Sausage Rich Onion Gravy & Creamed Potatoes	Quorn Sausage with Chips
Meal 3	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad	Sandwich HAM/CHEESE/TUNA/BREAD & BUTTER and salad
Desserts	Fruity Oat Crumble with custard	Chocolate Orange Cake with ice cream	Fresh Fruit	Rice Pudding with a Rice Krispie Finger	Cherry Bakewell biscuit with milk
Selected Fresh Fruit & Yoghurt available as a daily alternative					
Drinks	Milk or water				