

Pennyman WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable pie	BBQ Pulled Pork	Minced beef and Dumplings	Burger in a Wholemeal Roll	Fish Fingers
Option 2 (ve)	Quorn Meatballs in a Tomato Sauce with Pasta	Jacket Potato with a choice of filling	Pasta Bake	Cheese and Tomato Pizza	Quorn Korma
Soft Option	Tomato Pasta Crustless Quiche • Mashed potato • Gravy	Cottage Pie Crustless Quiche • Mashed potato • Gravy	Mince Beef and Dumplings Crustless Quiche • Mashed potato	Macaroni Cheese Crustless Quiche • Mashed potato • Gravy	Fish in Parsley Sauce Crustless Quiche • Mashed potato
Sides	• Mixed Vegetables • Cauliflower • Mashed potato	• Sweetcorn • Green beans • Peas • Wedges	• Carrots • Broccoli • Boiled potatoes	• Beans • Sweetcorn • Oven baked • Wedges	• Peas • Carrots • Chips
Dessert	• Rice pudding • Yoghurt • Fresh Fruit	• Homemade Muffins • Yoghurt • Fresh Fruit	• Sponge cake and custard • Yoghurt • Fresh Fruit	• Apple Crumble and Custard • Yoghurt • Fresh Fruit	• Cheesecake • Yoghurt • Fresh Fruit

ALSO AVAILABLE DAILY:

- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread
- Drinking Water



MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 2 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti Bolognese	Sweet chilli Quorn and veg with noodles	Toad in the hole	Masala with rice	Fish cakes or Fish fingers
Option 2 (ve)	Pasta Bake	Katsu Curry with rice	Vegetable Lasagne	Cheese and broccoli quiche	5 Bean chilli with rice
Soft Option	Spaghetti Bolognese Crustless Quiche • Mashed potato	Curry with Rice Crustless Quiche • Mashed potato	Lasagne Crustless Quiche • Mashed potato	Curry with Rice Crustless Quiche • Mashed potato	Fish Pie Crustless Quiche • Mashed potato
Sides	• Corn on the cob • Broccoli • Wedges	• Carrots • Peas • Boiled Potato	• Mixed Vegetables • Cauliflower • Mashed potato	• Green beans • Sweetcorn • New potatoes	• Peas • Carrots • Chips
Dessert	• Chocolate brownie • Yoghurt • Fresh Fruit	• Jelly or angel delight with fruit • Yoghurt • Fresh Fruit	• Home made biscuit • Yoghurt • Fresh Fruit	• Sponge cake and custard • Yoghurt • Fresh Fruit	• Fruit crumble cus- tard • Yoghurt • Fresh Fruit



ALSO AVAILABLE DAILY:

- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread
- Drinking Water

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Quorn Mince Bolognese	Katsu Curry with Rice	Beef lasagne	Roast chicken and stuffing	Fish cake
Option 2 (VE)	Pasta Bake	Jacket potato with a choice of filling	Cheese and onion plait	Quorn sausages in onion gravy	Quorn southern fried chicken burger
Soft Option	Pasta Bake Crustless Quiche • Mashed potato	Curry with Rice Crustless Quiche • Mashed potato	Macaroni Cheese Crustless Quiche • Mashed potato	Cottage Pie Crustless Quiche • Mashed potato	Poached Salmon Crustless Quiche • Mashed potato
Sides	• Carrots • Broccoli • Mashed potato	• Corn on the cob • Mixed Vegetables • Wedges	• Peas • Sweetcorn • Garlic bread • Boiled Potatoes	• Cauliflower • Swede • Oven cooked potatoes	• Peas • Beans • Chips
Dessert	• Fruit pie and custard • Yoghurt • Fresh Fruit	• Rice pudding • Yoghurt • Fresh Fruit	• Sticky toffee pud- ding with custard • Yoghurt • Fresh Fruit	• Fruit flapjack • Yoghurt • Fresh Fruit	• Sponge Cake and Custard • Yoghurt • Fresh Fruit



ALSO AVAILABLE DAILY:

- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken curry with rice	Cheese and tomato pizza	Roast beef and Yorkshire pudding	Cottage pie	Baked fish
Option 2 (VE)	Quorn sausage casserole	Jacket potato with a choice of filling	Macaroni cheese	Quiche	Vegetable curry with rice
Soft Option	Curry with Rice Crustless Quiche • Mashed potato	Tomato Pasta Crustless Quiche • Mashed potato	Macaroni Cheese Crustless Quiche • Mashed potato	Cottage Pie Crustless Quiche • Mashed potato	Fish Pie Crustless Quiche • Mashed potato
Sides	• Peas • Corn on the cob • Mashed potato	• Carrots • Peas • Oven baked - wedges	• Broccoli • Cauliflower • Mashed potato	• Mixed vegetables • Swede • Boiled potatoes	• Peas • Sweetcorn • Chips
Desert Options	• Home made Cookie/ biscuit with fruit • Yoghurt • Fresh Fruit	• Oat fruit crunch • Yoghurt • Fresh Fruit	• Sponge cake and custard • Yoghurt • Fresh Fruit	• Peach and raspberry cobbler • Yoghurt • Fresh Fruit	• Fruit crumble and custard • Yoghurt • Fresh Fruit



ALSO AVAILABLE DAILY:

- Pasta King bar
- Salad Bar
- Sandwiches or Subs or Wraps
- Jacket potato with Filling (where applicable)
- Cheese & Crackers
- Bread