

Beck Row Primary Academy

Week One



21/04 12/05 02/06 23/06 14/07

	Mon	Tues	Wed	Thu	Fri
Main Option One	Sausages with mash potato	Beef bolognaise with pasta	Roast chicken with stuffing and roast potatoes	Sweet and sour pork with savoury rice	Battered fish with chips
Main Option Two	Quorn sausages with mash potato	Bean/veggie bolognaise with pasta	Lentil and Quorn shepherds pie	Cheese and tomato pizza	Omelette and chips
Daily Available All Week	Tomato and basil pasta, Jacket potato with a choice of fillings Cheese or ham sandwich/wrap				
Dessert	Fruit pot, yogurt or Vanilla sponge	Fruit pot, yogurt or Apple muffin	Fruit pot, yogurt or Angel delight	Fruit pot, yogurt or Raspberry ripple cake	Fruit pot, yogurt or Cookie and ice cream



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Week Two



28/04 19/05 09/06 30/06 21/07

Main

Option One

Beef chilli
with rice

Chicken
fajita wrap

Roast
gammon,
Yorkshire
pudding and
roast
potatoes

Meatball
pasta

Salmon
fishcakes
and chips



Main

Option Two

Bean and
lentil bur-
rito

Mac and
cheese

Roast Quorn
fillet with
Yorkshire
pudding and
roast
potatoes

Baked
bean
lasagne

Cheese
and toma-
to pizza
and chips



Daily

Available All Week

Tomato and basil pasta, Jacket potato with a choice of fillings
Cheese or ham sandwich/wrap



Dessert

Fruit pot,
yogurt or
Strawberry
muffin

Fruit pot,
yogurt or
Chocolate
sponge

Fruit pot,
yogurt or
Oat cookie

Fruit pot,
yogurt or
Vanilla
sponge

Fruit platter
or yogurt



05/05 16/06 07/07

	Mon	Tues	Wed	Thu	Fri
Main Option One	Sausage and mash	Cottage pie	Roast gammon, roast potatoes	BBQ chicken and rice	Battered fish and chips
Main Option Two	Lentil and veg pasta bake	Cheese and toma- to pizza	Quorn toad in the hole with roast potatoes	Mac and cheese	Quorn nuggets and chips
Daily Available All Week	Tomato and basil pasta, Jacket potato with a choice of fillings Cheese or ham sandwich/wrap				
Dessert	Fruit platter or yogurt	Fruit pot, yogurt or Jelly	Fruit pot, yogurt or Vanilla sponge	Fruit pot, yogurt or Apple crumble	Fruit pot, yogurt or Chocolate sponge

