



Middlesbrough School Meals



Primary school 3 Week menu cycle

Nutritious, balanced and freshly prepared meals your children will love.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Homemade pizza with oven baked wedges OR Quorn meatballs in tomato sauce with pasta	Beef and veg stew with dumplings and mashed potato OR Popeye veggie lasagne	Roast chicken, stuffing and Yorkshire pudding with mashed potato OR Macaroni Cheese	Chicken curry with 50/50 rice OR Quorn cottage pie	Fish fingers with chips OR Omelette with chips
	Sweetcorn, Carrot and Peas	Broccoli, Swede and Sweetcorn	Seasonal veg selection	Cauliflower and Green Beans	Peas and Beans
	Pear crumble with custard	Chocolate and beetroot brownie	Banana muffin	Oaty biscuit	Marble sponge with chocolate custard
	Watermelon topped pizza	Strawberry Greek yoghurt	Banana muffin	Vanilla rice pudding with pears	Crackers and cheese
WEEK 2	Pizza wrap with oven baked wedges OR Cheese and broccoli quiche	BBQ chicken with baby boiled potatoes OR Veggie taco's	Cottage pie OR Quorn sausage and mash	Chicken tikka with 50/50 rice OR Cheese roll with mashed potato	Salmon fishcake with chips OR Quorn tomato pasta
	Sweetcorn, Broccoli and Carrots	Corn on the cob and Peas	Seasonal veg selection	Peas and Baby Carrots	Peas and Beans
	Peach flapjack	Carrot cake	Chocolate fudge cake with oranges	Viennese biscuit	Iced lemon sponge
	Banana oat bread	Peach smoothie	Apple and oat muffin	Cheese and cracker	Banana ice cream
WEEK 3	Pizza pinwheels with oven baked wedges OR Quorn bolognaise pasta bake	Beef lasagne with baby boiled potatoes OR Quorn chicken casserole	Toad in the hole with mashed potato OR Chicken korma with 50/50 rice OR Jacket with cheese	Chicken and vegetable pie with baby boiled potatoes OR Quorn burger in a bun	Fish portion with chips OR Tomato pasta
	Sweetcorn, Broccoli and Green Beans	Peas and Corn on the cob	Seasonal veg selection	Cabbage, Swede and Carrots	Peas and Beans
	Pear sponge with custard	Sticky toffee pudding	Rice pudding with peaches	Jam and coconut sponge and custard	Fruit jelly with ice cream
	Peach Greek yoghurt	Bake blueberry cheesecake	Banana rice pudding	Crackers and cheese	Banana and custard

EYFS

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FRESH FRUIT & SALAD BAR

- Fresh seasonal fruit selection and yoghurts
- Crisp salad bar including lettuce, cucumber, tomatoes, sweetcorn and grated carrot
- A selection of bread
- Drinking water and milk available daily



Please note: Items may vary depending on Seasonal availability

Theme days will be catered for throughout the year and will be agreed with the school.

**If your child has any allergies or dietary requirements
Please contact the school office.**



Week 1
October 5th
November 2nd 23rd
December 14th
January 18th
February 8th

Week 2
October 12th
November 9th 30th
January 4th 25th

Week 3
October 19th
November 16th
December 7th
January 11th
February 1st

Sandwiches and Jacket Potato choice – These options will be available daily as follows -

Monday – Cheese sandwich or Wrap
Tuesday – Jacket potato with tuna mayonnaise
Wednesday – Ham Sandwich or wrap
Thursday – Tuna mayonnaise sandwich or wrap
Friday – Jacket potato with beans