MIDDLESBROUGH School Meals

DAYS	Option 1	Option 2 (VE)	Sides	Dessert
Monday	Sausages	(Q) Cottage Pie	Mashed Potatoes Peas Carrots	Fruit Cheesecake Angel Delight Fruit, Yoghurt
Tuesday	Chicken Pie	Macaroni Cheese	Roast Potatoes Cauliflower Broccoli	Rice Pudding Jelly and Fruit Yoghurt
Wednesday	Lasagna	(Q) Sweet and Sour Chicken and Rice	Baby Boiled Potatoes Green Beans Sweetcorn	Eves Pudding and Custard Angel Delight Yoghurt
Thursday	Fish Fingers	Pizza	Chips Peas Sweetcorn Baked Beans	Flapjack Ice Cream and Fruit Yoghurt
Friday	Mince and Dumplings	(Q) Stir Fry Noodles	Mashed Potatoes Carrots Broccoli Swede	Fruit Crumble and Custard Jelly Yoghurt



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Monday	Roast Chicken and Stuffing	(Q) Curry and Rice	Roast Potatoes Mashed Potatoes Cauliflower Green Beans Carrots	Apple Pie and Custard Jelly and Fruit Cheese and Crackers
Tuesday	Toad in the Hole	(Q) Meatballs and Pasta	Mashed Potatoes Swede Mixed Vegetables	Brownie Ice Cream and Fruit Yoghurt
Wednesday	Spaghetti Bolognese	Cheese Rolls	Wedges Peas Sweetcorn	Pineapple upside- down and Custard Angel Delight Fruit
Thursday	Chicken Curry and Rice	Cheese Omelette	Boiled Potatoes Mashed Potatoes Carrots Broccoli Sweetcorn	Banana Muffin Yoghurt Angel Delight Fruit
Friday	Salmon Fishcake Fish	(Q) Southern fried Burger	Chips Beans Peas Carrots	Homemade Cookie Jelly and Fruit Yoghurt



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Monday	Beef Burger	Cheese Roll	Wedges Peas Carrots	Sponge and Custard Jelly and Fruit Yoghurt
Tuesday	Mince Pie	(Q) Pasta Bolognese	Mashed Potatoes Cauliflower Broccoli Sweetcorn	Rice Pudding Angel Delight Fruit, Yoghurt
Wednesday	Roast Beef and Yorkshire Pudding	Pizza Baguette	Roast Potatoes Mashed Potatoes Swede Green Beans	Fruit Crumble and Custard Ice Cream and Fruit Cheese and Crackers
Thursday	Chicken Noodle Stir Fry	(Q) Cottage Pie	Mashed Potatoes Mixed Vegetables Broccoli Carrots	Fruit Cheesecake Yoghurt Smoothies
Friday	Fish	Pasta Bake	Chips Peas Sweetcorn Baked Beans	Fruit Flapjack Angel Delight Yoghurt Fruit



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DAYS	Option 1	Option 2 (VE)	Sides	Dessert
Monday	BBQ Pulled Chicken	(Q) Toad in the Hole	Roast Potatoes Sweetcorn Broccoli Carrots	Fruit Flan Yoghurt Angel Delight
Tuesday	Chicken Casserole and Dumplings	Cheese Roll	Mashed Potatoes Boiled Potatoes Cauliflower Green Beans	Eve Pudding and Custard Jelly and Fruit Yoghurt
Wednesday	Spaghetti Bolognese	(Q) Curry and Rice	Wedges Peas Carrots Sweetcorn	Rhubarb Crumble and Custard Ice Cream and Fruit Cheesecake
Thursday	Sausages	Maccaroni Cheese	Mashed Potatoes Boiled Potatoes Swede Broccoli Cauliflower	Homemade Biscuit Rice Pudding Fruit
Friday	Fish Cake Fish	Chili and Rice	Chips Peas Sweetcorn Baked Beans	Brownie Yoghurt Jelly Fruit

