

Co-op Academy Penny Oaks

Homemade bread, selection of seasonal vegetables or fresh salad served daily

Wk 1 - 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 10th Mar, 31st Mar
 Wk 2 - 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar
 Wk 3 - 18th Nov, 9th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar

MON


TUES

WED

THUR

FRI


WEEK 1


 **Halal Beef Bolognese**
(Served with Pasta, Garlic Bread & Salad)

 **Vegetarian Chilli & Nachos**
(Served with Garlic Bread or Rice & Salad)


 **Spaghetti Marinara**
(Served with Garlic Bread & Salad)

Assorted Jackets / Sandwiches


 **Jam Sponge**
(Served with Custard)


 **Freshly Prepared Fruit**

 **Halal Chicken Rogan Josh**
(Served with Paratha Roti & Salad)

 **Cheese & Potato Flan**
(Served with New Potatoes, Seasonal Vegetables or Salad)

Assorted Jackets / Sandwiches

 **Blondie**
(Vanilla flavoured chewy cookie-like texture)


 **Freshly Prepared Fruit**


 **Halal Chicken Tikka Roast**
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)


 **Vegetarian Cottage Pie**
(Served with Yorkshire Pudding, Seasonal Vegetables & Gravy)

Assorted Baguettes / Sandwiches

Sprinkle Cake
(Vanilla Sponge topped with water icing and sprinkles)


 **Freshly Prepared Fruit**

 **Cheese & Tomato Pizza with Chipped Potatoes**
(Served with Chipped Potatoes, Baked Beans or Salad)

 **Aloo Chana**
(Served with Naan Bread & Salad)

Assorted Jackets / Sandwiches

 **Chocolate Sponge**
(With Chocolate Sauce)

 **Freshly Prepared Fruit**

MSC Battered Fish
(Served with Jacket Wedges and Seasonal Vegetables or Salad)


 **Vegetable Pakoras**
(Served with Jacket Wedges, Riata & Salad)

Assorted Sandwiches

 **Butterfly Buns**

 **Freshly Prepared Fruit**


WEEK 2


 **Halal Meat Lasagne**
(Served with Garlic Bread & Salad)


 **Spicy Vegetable Spring Roll**
(Served with Riata, Jacket Wedges, Salad or Sweetcorn)

Assorted Baguettes / Sandwiches


 **Flapjack**


 **Freshly Prepared Fruit**

 **Halal Chicken Jalfrezi**
(Served with Pilau Rice & Salad)


 **Pomodoro Pasta**
(Served with Fusilli Pasta, Crusty Bread & Salad)

Assorted Jackets / Sandwiches

 **Honey Cake**
(Sponge Cake topped with Honey, served with Custard)


 **Freshly Prepared Fruit**


Tuna Pasta
(Served with Roast Potatoes & Salad)


 **Cheese Roll**
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

 **Mexican Burrito with Wedges**
(Served with Jacket Wedges, Coleslaw & Salad)

Assorted Baguettes / Sandwiches

 **Lemon Shortcake**
(Served with Custard)


 **Freshly Prepared Fruit**

 **Cheese & Tomato Pizza with Wedges**
(Served with Jacket Wedges, Coleslaw & Salad)


 **Quorn Meatballs**
(Served with Yorkshire Pudding, Seasonal Vegetables & Gravy)

Assorted Jackets / Sandwiches


 **Chocolate Sponge**
(With Chocolate Sauce)


 **Freshly Prepared Fruit**

 **Halal Chicken Nuggets**
(Served with Chipped Potatoes & Salad)


 **Vegetable Dippers**
(Served with Ketchup, Chipped Potatoes, Baked Beans or Salad)


Assorted Jackets / Sandwiches

 **Volcano Buns**
(Cookies with a Jam / Lemon filled middle)

 **Freshly Prepared Fruit**


WEEK 3


 **Halal Chicken Biryani**
(Served with Flat Bread & Salad)

 **Arrabiata Pasta**
(Served with Garlic Bread & Salad)

Assorted Baguettes / Sandwiches

 **Ice Cream Tubs**


 **Freshly Prepared Fruit**


 **Spicy Vegetable Spring Roll**
(Served with Riata, Jacket Wedges, Salad or Sweetcorn)


 **Homemade Cheese & Onion Pasty**
(Served with Jacket Wedges & Salad or Sweetcorn)

Assorted Jackets / Sandwiches

 **Fruit Jelly**

 **Freshly Prepared Fruit**

 **Halal Chicken Burrito**
(Served with Tortilla Chips, Coleslaw or Salad)

 **Vegetarian Toad in the Hole**
(Served with Roast Potatoes, Seasonal Vegetables & Gravy)

Assorted Baguettes / Jackets

 **Paris Sandwich**
(Served with Custard)

 **Freshly Prepared Fruit**

 **Cheese & Tomato Pizza with Tortilla Chips**
(Served with Tortilla Chips, Coleslaw & Salad)

Assorted Jackets / Baguettes

 **Marble Sponge**
(With Chocolate Sauce)


 **Freshly Prepared Fruit**

MSC Fishcake
(Served with Ketchup, Chipped Potatoes, Baked Beans or Salad)

 **Savoury Roll with Chipped Potatoes**
(Served with Chipped Potatoes, Salad or Sweetcorn)

Assorted Jackets / Sandwiches

 **Oat Cookie**

 **Freshly Prepared Fruit**



the **food quarter**

FM SERVICES



For full allergen & nutritional information head to
<https://schoolmeals.bradford.gov.uk>

