

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

Co-op Academy Penny Oaks

Wk 1 - 21st Apr, 12th May,
2nd Jun, 23rd Jun, 14th Jul,
1st Sep, 22nd Sep, 13th Oct
Wk 2 - 28th Apr, 19th May,
9th Jun, 30th Jun, 21st Jul,
8th Sep, 29th Sep, 20th Oct
Wk 3 - 5th May, 26th May,
16th Jun, 7th Jul, 28th Jul,
15th Sep, 6th Oct, 27th Oct

MON

TUES

WED

THUR


FRI


WEEK 1

 **Cheese Flan**
(Served with Paprika Potatoes, Seasonal Vegetables or Salad)

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

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Apple Cake**
(Baked Vanilla Sponge with Blended Apples & topped with Icing Sugar)

 **Freshly Prepared Fruit**


 **Halal Chicken Dhansak**
(Served with Naan Bread & Salad)

 **Vegetarian Mince Lasagne**
(Served with Garlic Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Flapjack**

 **Freshly Prepared Fruit**


 **Halal Hot Chicken Melt**
(Served with Salad)

 **Quorn Roast**
(Served with Yorkshire Pudding & Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Old School Sponge Cake**
(Served with Custard)

 **Freshly Prepared Fruit**

 **Cheese & Tomato Pizza**
(Served with Chips & Beans or Salad)

 **Loaded Vegetable Pizza**
(Served with Chips & Salad)

 **Spicy Vegetable Spring Roll**
(Served with Paprika Potatoes, Salad or Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Marble Sponge**
(Served with Chocolate Sauce)

 **Freshly Prepared Fruit**

 **Halal Chicken Nuggets**
(Served with Jacket Wedges & Salad)

MSC Fish Fingers
(Served with Jacket Wedges & Salad or Seasonal Vegetables)

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

Assorted Jacket Potatoes
Selection of Sandwiches

 **Ice Cream Tubs**

 **Freshly Prepared Fruit**

WEEK 2

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

 **Homemade Cheese & Onion Pasty**
(Served with Seasoned Potatoes, Salad or Seasonal Vegetables)

 **Vegetable Samosas / Potatoes**
(Served with Riata, Seasonal Potatoes & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Fruity Flapjack**

 **Freshly Prepared Fruit**

 **Cheese & Tomato Pizza**
(Served with Chips & Beans or Salad)

 **Mini Meatless Ball Pizza**
(Served with Chips, Baked Beans or Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Chocolate Sponge**
(Served with Chocolate Sauce)


 **Freshly Prepared Fruit**

 **Halal Chicken Korma**
(Served with Naan Bread & Salad)

 **Chickpea Tikka Masala**
(Served with Naan Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Chocolate Brownie**

 **Freshly Prepared Fruit**

 **Halal Spaghetti Bolognese**
(Spaghetti Bolognese served with Garlic Bread & Salad)

 **Fajita Pasta Bake**
(Served with Crusty Bread, Salad or Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Jam Sponge**
(Served with Custard)

 **Freshly Prepared Fruit**

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

 **Vegetable Dippers**
(Served with Ketchup, Jacket Wedges, Salad or Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Fruit Jelly**
(Fruit Jelly topped with Cream)

 **Freshly Prepared Fruit**

WEEK 3


 **Halal Keema Biryani**
(Served with Crusty Bread & Salad)


 **Mac & Cheese**
(Served with Crusty / Garlic Bread & Salad)

 **Veg Jambalaya**
(Seasoned Vegetables & Rice, served with Crusty Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Volcano Buns**
(A Sponge-like Biscuit with a Jam / Lemon filling)

 **Freshly Prepared Fruit**

 **Halal Butter Chicken**
(Served with Rice & Salad)

 **Cheese Roll**
(Served with Seasoned Potatoes & Seasonal Vegetables)

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

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Sprinkle Cake**
(Vanilla Sponge topped with Icing & Sprinkles)


 **Freshly Prepared Fruit**

 **Cheese & Tomato Pizza**
(Served with Chips & Beans or Salad)

 **Loaded Vegetable Pizza**
(Served with Chips & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Chocolate Sponge**
(Served with Chocolate Sauce)

 **Freshly Prepared Fruit**

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

 **Quorn Roast**
(Served with Yorkshire Pudding & Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Hot Sub Roll**

 **Cornflake Tart**
(Served with Custard)

 **Freshly Prepared Fruit**

MSC Salmon & Sweet Potato Fishcake
(Served with Creamed Potatoes & Seasonal Vegetables)

MSC Fish Fingers
(Served with Creamed Potatoes & Seasonal Vegetables)

 **Aloo Gobi**
(Served with 50/50 Rice & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

 **Vanilla Cookie**

 **Freshly Prepared Fruit**



the **food quarter**

FM SERVICES

For full allergen
& nutritional
information
head to our app

