

# Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Sandwich	Yummy Puddings
<b>W1</b> 24th Feb 16th March 20th April 11th May	Mon	Sausages and Gravy	Quorn Sausages and Gravy	Mashed Potato	Broccoli and Sweetcorn	Penne Pasta with Tomato & Basil Sauce	Cheese Baguette***	Jam Sponge with Custard
	Tue	Cheese Bagel Pizza**/***	Vegan Sausage Roll	Herby Diced Potatoes	Mixed Vegetables	Jacket Potato with 5 Bean Chilli	Banana Sandwich on Wholemeal Bread	Natural Greek Yoghurt with Roasted Peach
	Wed	Roast Gammon with Pineapple	Quorn Roast with Pineapple	Yorkshire Pudding and Roast Potatoes	Carrots and Peas	Baked Bean and Cheese Melt Baguette***	Egg Mayo Bagel**/***	Blueberry & Peach Bake
	Thu	Coconut Chicken Curry	Coconut Curry with Falafel	Rice	Green Beans and Sweetcorn	Jacket Potato with Bacon, Spring Onion and Creme Fraiche	Ham Salad Wrap	Lemon Drizzle Cake with Custard
	Fri	Battered Mini Fish	Quorn Dippers	Chips	Baked Beans or Mushy Peas	Baked Bean and Cheese Quesadillas	Roast Chicken Sandwich on Wholemeal Bread	Apple Flapjack
<b>W2</b> 2nd March 23rd March 27th April 18th May	Mon	Big Breakfast	Vegetarian Big Breakfast	Hash Brown	Baked Beans	Ham and Cheese Toasty/Cheese Toasty	Egg Mayo Sandwich	Chocolate Sponge with Custard
	Tue	Meat Free Pasta Bolognese	Mushroom, Spinach and Cheese Omelette	Garlic Bread**	Mixed Vegetables	Jacket Potato with Cheese and Beans	Cheese Sandwich on Wholemeal Bread	Natural Greek Yoghurt with bite sized Flapjack
	Wed	Roast Chicken with Gravy	Quorn Roast	Yorkshire Pudding and Roast Potatoes	Carrots and Swede	Spaghetti with Tomato and Roasted Vegetable Sauce	Tuna and Cheese Melt***	Apple & Berry Crumble with Custard
	Thu	Beef Lasagne	Vegetable Lasagne	Garlic Bread**	Peas, Roasted Cauliflower and Butternut Squash	Jacket Potato with Salmon, Salad and Coleslaw	Ham Salad Wrap served with Vegetable Soup	Carrot Cake
	Fri	Fish Cake	Puff Pastry Cheese and Tomato Tart	Chips	Spaghetti Hoops	Sausage Roll	Roast Turkey Bap***	Devon Split
<b>W3</b> 9th March 30th March 4th May	Mon	Turkey Chilli and Cheese Tacos	5 Bean Chilli Tacos and Cheese	Potato Wedges	Green Beans and Sweetcorn	Jacket Potato with Spaghetti Hoops	BBQ Chicken and Salad Wrap	Banana Bread with Frosting
	Tue	Chicken Bites with Katsu Curry Sauce	Quorn Bites with Katsu Curry Sauce	Rice	Mixed Vegetables	Salmon and Leek Pasta Bake	Ham and Cheese Croissant**/***	Natural Greek Yoghurt with Fresh Fruit Salad
	Wed	Roast Beef	Roast Quorn Fillet	Yorkshire Pudding and Roast Potatoes	Broccoli and Cauliflower Cheese	Cheese and Tomato Omelette	Tuna Baguette**/***	Pear & Chocolate Sponge with Custard
	Thu	Ham and Cheese Macaroni	Macaroni Cheese	Garlic Bread**	Sweetcorn, Peas and Cabbage	Jacket Potato with Tuna Mayo	Roast Turkey Sandwich on Wholemeal Bread	Natural Greek Yoghurt with Coconut Cookie
	Fri	Fish Fingers	Baked Bean and Cheese Quesadilla	Chips	Baked Beans or Mushy peas	Pasta with Puttanesca Sauce	Egg Mayo Bap***	Ice Cream Roll



Did you know, here at Mickleover we have Home baked **Breads, Salad Bar, Fresh Fruit** and chilled drinks are also available daily.

We're committed to using a minimum of 5% **organic produce!**

Oh and all of the tasty fish has been caught sustainably, approved by the MSC.

Menu may be subject to change without prior notice

Fresh fruit and vegetables are subject to seasonal variation



23rd April  
  
 Healthy Heart Day

25th February  
  
 Pancake Day

6th March  
  
 World Book Day

7th May  
  
 VE Day

Don't forget about our **Themed Menus!**



Allergen Key: Celery Crustaceans Eggs Fish Gluten Milk Mustard Peanuts Nuts Sulphur Dioxide Soya Sesame Seeds Lupin Molluscs

\* May Contain Nuts - \*\* May Contain Milk - \*\*\* May Contain Sesame

