

Mickleover Primary School

		Meaty Main	Veggie Express	Carbs	Market Vegetables	Deli Special	Yummy Puddings
W1 7th Sept 28th Sept 19th Oct 16th Nov 7th Dec	Mon	Sweet and Sour Chicken Bites	Sweet and Sour Quorn Bites	Rice	Steamed Broccoli or Carrots		Syrup Sponge and Custard
	Tue	Cheese and Tomato Pizza	Spaghetti in Tomato Sauce with Cheese	Roasted Diced Potatoes	Carrot Sticks, Cucumber Sticks and Mixed Peppers		Cookie and Milkshake
	Wed	Roast Chicken	Roasted Quorn Fillet	Roast Potatoes and Yorkshire Pudding	Mixed Vegetables		Chocolate Brownie
	Thu	Beef Lasagne	See Deli Special	Steamed Potatoes	Broccoli	Jacket Potato with Cheese and Beans	Natural Greek Yoghurt with Roast Peaches and Shortcake
	Fri	Fish Fingers	Cheese Panini***	Chips	Peas or Baked Beans	Ham and Cheese Panini***	Doughnut
W2 14th Sept 5th Oct 2nd Nov 23rd Nov 14th Dec	Mon	Big Breakfast	Vegetarian Big Breakfast	Hash Browns	Grilled Tomato or Beans		Raspberry Slice
	Tue	Macaroni Cheese	See Deli Special	Garlic Bread	Mixed Vegetables	Jacket Potato with Cheese and Beans	Natural Greek Yoghurt with Chocolate Flapjack Bite
	Wed	BBQ Sticky Pork	Pasta with Quornballs in Tomato Sauce	Roasted Diced Potatoes	Mixed Salad		Lemon Drizzle Cake with Custard
	Thu	Chicken Tikka Masala	Cheese Quesadilla	Rice and Naan Bread	Carrots, Peas and Sweetcorn	Cheese and Bean Quesadilla	Carrot Cake
	Fri	Mini Battered Fish with Chip Shop Curry Sauce	Cheese and Tomato Pasta Bake	Chips	Beans or Mushy Peas		Popcorn and Milkshake
W3 21st Sept 12th Oct 9th Nov 30th Nov	Mon	Pasta with Meatballs in Tomato Sauce	Pasta with Quornballs in Tomato Sauce	Garlic Bread	Mixed Vegetables		Sticky Toffee Pudding
	Tue	Butter Chicken Curry	See Deli Special	Naan Bread	Carrots, Peas and Sweetcorn	Jacket Potato with Cheese and Beans	Ice Cream Roll
	Wed	Toad in the Hole	Quorn Toad in the Hole	Roast Potatoes	Cauliflower and Broccoli		Natural Greek Yoghurt with Fresh Fruit Salad
	Thu	Roast Turkey	Quorn Roast	Mashed Potato	Steamed Broccoli and Sweetcorn		Devon Split
	Fri	Fish Cake	Vegetarian Sausage Roll	Chips	Spaghetti Hoops	Sausage Roll*	Jelly



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!**

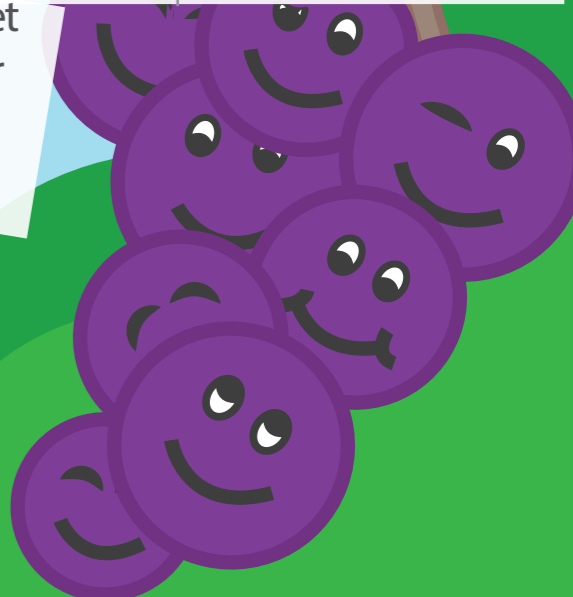
Oh and all of the tasty fish has been caught sustainably and approved by the MSC.

Menu may be subject to change without prior notice

Fresh fruit and vegetables are subject to seasonal variation



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