

Sladewood Academy Menu Terms 3 and 4 2025 (Runs Tues 7th January until Thurs 10th April)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1 6th January 27th January 17th February 10th March 31st March	Option One	Turkey Fricasse & Rice <i>g/f d/f</i>	Spiced Chicken & Sweet potato casserole <i>g/f d/f</i>	Roast Gammon, roast potatoes & trimmings <i>g/f d/f</i>	Lasagne & Garlic Bread	Fish cake Chips & beans
	Option Two	Baharat lentil & aubergine stew <i>g/f d/f</i>	Butternut squash mac & cheese <i>g/f</i>	Quorn fillet, roast potatoes & trimmings <i>d/f</i>	Roast Garlic mushroom & roast pepper risotto <i>g/f d/f</i>	Veggie `sausage chips & beans <i>g/f d/f</i>
	Option Three	Jacket Potato with (1) Cheese (2) Beans (3) Tuna Mayo (4) Plain (5) Cheese&Beans (6) Salmon&sweet chilli				
	<i>Seasonal Vegetables Salad Bar Soup of the Day</i>					
Dessert	Apple Crumble	Jelly	Butterscotch mousse& fruit salad	Mango & Pomgranate Eaton mess	Ice Cream	
WEEK TWO 13th January 3rd Febuary 24th Febuary 17th March 7th April	Option One	Salmon & Leek Pie with mash <i>g/f</i>	Caribbean coconut jerk pork & rice <i>g/f d/f</i>	Roast Turkey, Roast potatoes & Trimmings <i>g/f d/f</i>	Lemon chicken & tarragon pasta <i>g/f</i>	Cheese Burger Chips & Beans <i>g/f</i>
	Option Two	Quorn Bolognese loaded sweet potato wedges <i>g/f d/f</i>	Roast vegetable pesto pasta <i>g/f d/f</i>	Vegetable Kiev potatoes & trimmings	Bombay egg & potato curry with wholegrain rice <i>g/f d/f</i>	Veggie Pizza chips & Beans <i>g/f d/f</i>
	Option Three	Jacket Potato with (1) Cheese (2) Beans (3) Tuna Mayo (4) Plain (5) Cheese&Beans (6) Salmon & sweet chilli				
	<i>Seasonal Vegetables Salad Bar Soup of the Day</i>					
Dessert	Chocolate Brownie	Pancakes with peaches & cream	Raspberry mousse & Fruit	Lemon & Blueberry Drizzle	Ice Cream	
WEEK THREE 20th January 10th Febuary 3rd March 24th March	Option One	Chinese chicken curry & Rice <i>d/f</i>	Shepherd's Pie <i>g/f d/f</i>	Roast Beef, roast potatoes & trimmings <i>g/f d/f</i>	Tuna puttanesca pasta <i>g/f</i>	Sausage chips & Beans <i>g/f d/f</i>
	Option Two	Courgette & chickpea pie & mash <i>g/f d/f</i>	Spinach & ricotta cannelloni	Roast Beetroot & leek tart <i>g/f d/f</i>	Quorn Chicken Laska & rice noodles <i>d/f</i>	Veggie Burger, chips & Beans <i>g/f d/f</i>
	Option Three	Jacket Potato with (1) Cheese (2) Beans (3) Tuna Mayo (4) Plain (5) Cheese&Beans (6) Salmon & sweet chilli				
	<i>Seasonal Vegetables Salad Bar Soup of the Day</i>					
Dessert	Chocolate Orange cookie	Gypsy Tart	Banana mousse & fruit	Coconut & lime cake	Ice Cream	

Water, bread, fresh fruit and yogurt available daily. **Gluten free** and **Dairy free** options available. All Chicken, Beef & Lamb dishes suitable for a Halal diet

Please let our Catering Manager, Carly, know of any updates to food intolerances, carly.taylor@sladewood.sandmat.uk

Sladewood Academy is committed to providing our pupils with freshly prepared and nutritionally balanced, tasty dishes that comply with the School Food Trust standards.