

Sladewood Academy Menu Terms 3 and 4 (7th January - 27th March)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK ONE 5th Jan 26th Jan 23rd Feb 16th March	Option One	Lamb Stew & Dumplings d/f	Salmon & Leek Pie with Mash g/f	Roast Pork, potatoes & trimmings g/f d/f	Pasta Bolognese gf/df	Chicken goujons chips & bean d/f
	Option Two	Veggie Sausage Casserole g/f d/f	Quorn Meatballs with Pasta d/f	Kale & Sweet Potato Roulade g/f	Vegetable Curry & Rice d/f	Veggie pizza chips & beans g/f d/f
	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	Yoghurt	Chocolate Brownie	Jelly	Raspberry Sponge	Ice Lolly	
WEEK TWO 12th Jan 2nd Feb 2nd March 23rd March	Option One	Sticky Pork Stir Fry d/f	Cottage Pie g/f d/f	Roast Turkey, potatoes & trimmings g/f d/f	Cheesy Chicken Pesto Pasta	Fish, chips & beans d/f
	Option Two	Lentil & Potato Bake d/f	Spinach & Ricotta Cannelloni g/f	Roasted Vegetable Tart d/f	Quorn Chilli & Rice g/f d/f	Vegan Dipprs Chips & Beans d/f
	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	Yoghurt	Chocolate Brownie	Jelly	Raspberry Sponge	Ice Lolly	
WEEK THREE 19th Jan 9th Feb 9th March	Option One	Chicken Korma & Rice g/f	Moussaka g/f	Roast Beef, Potatoes & trimmings	Tuna Pasta Bake	Sausage, chips & beans g/f d/f
	Option Two	Leek & Potato Pie	Butternut Squash Mac & Cheese g/f	Nutless Roast	Chickpea Tagine & Couscous d/f	Veggie hot dog, chips & beans d/f
	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	Yoghurt	Chocolate Brownie	Jelly	Raspberry Sponge	Ice Lolly	

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. **A Doctors certificate must be provided for any food allergies.** 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.