

# Stramongate School Menu – Autumn 2024 – Spring 2025



## Week One

### Monday

Hunters Chicken & Wholemeal Rice  
Cheese and Tomato Pasta (v)  
Salad  
Jacket Potato with Tuna/Cheese or Beans  
Artic Roll & Peaches

### Tuesday

Beef Burger In A Bun  
Veggie Burger in bun (v)  
Cheese & Beans  
Cheese or Ham Wrap  
Apple Crumble Cake & Custard

### Wednesday

Roast Beef Dinner  
Quorn Fillet Dinner (v)  
Vegetables, Roast Potatoes, Yorkshire Puds &  
Gravy  
Ham or Cheese Baguette  
Ice Cream & Fresh Fruit

### Thursday

Lasagne & Garlic Bread  
Quorn Lasagne & Garlic Bread(v)  
Beetroot & Salad  
Ham or Cheese Baguette  
Party Cake & Milk Drink

### Friday

Fish in Batter  
Quorn Sausage (v)  
Chips & Peas  
Ham or Cheese Baguette  
Rice Pudding

## Week Two

### Monday

Chicken Bites Wraps  
Quorn Bites Wraps (v)  
Sweetcorn & Salad  
Jacket Potato with Tuna/Cheese or Beans  
Smoothies

### Tuesday

Pepperoni Pizza  
Margherita Pizza (v)  
Salad & Coleslaw  
Jacket Potato with Tuna/Cheese & Beans  
Lemon Drizzle Cookies

### Wednesday

Roast Ham Dinner  
Quorn Fillet Dinner (v)  
Vegetables, Roast Potatoes, Yorkshire Puds &  
Gravy  
Cheese or Ham Wrap  
Yogurt & Fresh Fruit

### Thursday

Sausage Roll  
Veggie Sausage Roll (v)  
Beans  
Ham or Cheese Baguette  
Brownie & Milk Drink

### Friday

Fish Tacos  
Quorn Bite Tacos (v)  
Salsa & Sweetcorn & Chips  
Ham or Cheese Baguette  
Jelly with Cream & Fruit

## Week Three

### Monday

Spaghetti Carbonara  
Macaroni Cheese (v)  
Pasta & Broccoli  
Jacket Potato with Tuna/Cheese or Beans  
Coco Shortbread

### Tuesday

Chicken Korma  
Vegetarian Korma (v)  
Wholemeal Rice & Naan Bread & Mixed  
Vegetables  
Jacket Potato with Tuna/Cheese or Beans  
Austrian Crunch

### Wednesday

Roast Beef Dinner  
Quorn Fillet Dinner (v)  
Vegetables, Roast Potatoes, Yorkshire Puds &  
Gravy  
Cheese or Ham Wrap  
Cheese & Crackers & Grapes

### Thursday

Saucy Sausage  
Quorn Saucy Sausage (v)  
Vegetables and Wholemeal Pasta  
Ham or Cheese Baguette  
Syrup Sponge & Custard

### Friday

Fish Fingers  
Veggie Burger (v)  
Chips & Beans  
Ham or Cheese Baguette  
Flapjack & Peaches

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Bread, Salad Bar, Fresh Fruit and water available daily. Oily fish available on the salad bar every three weeks

<u>Week Comm</u>	<u>Menu</u>	<u>Week Comm</u>	<u>Menu</u>
w/c 2 September	1	w/c 16 December	3
w/c 9 September	2	w/c 23 December	
w/c 16 September	3	w/c 30 December	
w/c 23 September	1	w/c 6 January	1

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w/c 30 September	2	w/c 13 January	2
w/c 7 October	3	w/c 20 January	3
w/c 14 October	1	w/c 27 January	1
w/c 21 October	2	w/c 3 February	2
w/c 28 October		w/c 10 February	3
w/c 4 November	3	w/c 14 February	
w/c 11 November	1	w/c 24 February	1
w/c 18 November	2	w/c 3 March	2
w/c 25 November	3	w/c 7 April	
w/c 2 December	1	w/c 14 April	
w/c 9 December	2		