

The West Vale Academy – SPRING/SUMMER Term Weekly Menu 2024

Healthy Choice
Higher in Fat
Higher in Sugar

Week 1

MONDAY

Pork Sausage with Yorkshire Pudding & Roast Potatoes
Quorn Sausage with Yorkshire Pudding (V) & Roast Potatoes
Jacket Potato with Cheese (v)
Assorted Sandwiches

Sides
Broccoli
Diced Carrots
Dessert
Fruit Sponge with Custard
Apple Juice Carton
Yoghurt

TUESDAY

Pasta Bolognese with Garlic Bread
Vegetable Bolognese with Garlic Bread (v)
Jacket Potato with Tuna Mayo
Assorted Sandwiches

Side
Sweetcorn
Green Beans
Dessert
Fruit Cheesecake
Melon Boat
Yoghurt

WEDNESDAY

Roast Chicken Dinner
Quorn Roast Dinner (v)
Jacket Potato with Beans (v)
Jacket Potato with Tuna Mayo
Jacket Potato with Cheese (v)

Sides
Broccoli
Diced carrots
Dessert
Chocolate Brownie
Raspberry Jelly
Yoghurt

THURSDAY

Meatballs in Tomato Pasta Sauce
Quorn Meatballs in Tomato Pasta Sauce(v)
Jacket Potato with Cheese (v)
Assorted Sandwiches

Sides
Mixed Vegetables
Cauliflower
Dessert
Jam Pasty
Milkshake
Yoghurt

FRIDAY

Chicken Breast Bites with Fries
Quorn Nuggets with Fries (v)
Pizza with Fries (v)
Chicken Burger in a Bun with Fries

Sides
Baked Beans
Sweetcorn
Dessert
Assorted Cakes/Desserts
Apple Juice Carton
Ice Cream
Yoghurt

Week 2

MONDAY

Pork Sausage in a Bread Roll
Quorn Sausage in a Bread Roll (v)
Jacket Potato with Baked Beans (v)
Assorted Sandwiches

Sides
Mixed Vegetables
Baked Beans
Dessert
Marble Sponge with Chocolate Custard
Apple Juice Carton
Yoghurt

TUESDAY

Beef Lasagne with Garlic Bread
Quorn Lasagne with Garlic Bread(v)
Jacket Potato with Tuna and Sweetcorn
Assorted Sandwiches

Sides
Sweetcorn
Green Beans
Dessert
Blueberry and Lemon Muffin
Fruit Jelly
Yoghurt

WEDNESDAY

Roast Beef with Yorkshire Pudding
Quorn Roast with Yorkshire Pudding (v)
Jacket Potato with Beans (v)
Jacket Potato with Cheese (v)
Jacket Potato with Tuna Mayo

Sides
Diced carrots
Broccoli
Dessert
Carrot Cake
Frozen Sorbet
Yoghurt

THURSDAY

Cottage Pie
Vegetable Cottage Pie (v)
Jacket Potato with Cheese (v)
Assorted Sandwiches

Sides
Baked Beans
Sweetcorn
Dessert
Fruit Crumble with Ice cream
Flapjack
Yoghurt

FRIDAY

Chicken Nuggets with Fries
Quorn Nuggets with Fries (v)
Pizza with Fries (v)

Sides
Peas
Spaghetti Hoops
Dessert
Assorted Cakes/Desserts
Milkshake
Yoghurt

Week 3

MONDAY

Pork Sausage Roll & New Potatoes
Quorn Sausage Roll (v) New Potatoes
Jacket Potato with Cheese (V)
Assorted Sandwiches

Sides
Diced Carrots
Peas
Dessert
Chocolate Sponge with Custard
Apple Juice Carton
Yoghurt

TUESDAY

Chilli Con Carne with Rice
Veg Chilli with Rice (v)
Jacket Potato with Tuna Mayo
Pizza Panini (v)

Sides
Sweetcorn
Broccoli
Dessert
Tropical Sponge with Ice Cream
Watermelon
Yoghurt

WEDNESDAY

Roast Ham with New Potatoes
Fisherman's Pie (v)
Jacket Potato with Cheese (v)
Jacket Potato with Baked Beans (v)

Sides
Mixed Vegetables
Cauliflower
Dessert
Sultana sponge with Custard
Rice Crispy Square
Yoghurt

THURSDAY

Chicken Curry with Rice
Vegetable Curry with Rice (v)
Jacket Potato with Tuna and Sweetcorn
Assorted Sandwiches

Sides
Sweetcorn
French Beans
Dessert
Carrot and Lemon Cake
Mandarin Jelly
Yoghurt

FRIDAY

Pizza with Fries (v)
Chicken Burger in a Bun with Fries
Southern Quorn Burger in a Bun with Fries (v)

Sides
Broccoli
Baked Beans
Dessert
Assorted Cakes/Desserts
Apple Juice Carton
Yoghurt

All our food is mainly home produced and all cooked fresh on site

Fresh salad, fruit and bread available daily

Our menu conforms to the [School Foods Standards](#)

All desserts are suitable for vegetarians

We aim to reduce sugar levels in Baked desserts by 25% and replace with fruit where possible