

Akaal Primary School Menu (4 weekly cycle)

| WEEK 1 | OPTION 1 | OPTION 2 | Available Daily | Dessert | Available Daily |
|---------------|--|---|--|---------------------------|--------------------|
| MONDAY | Cheese and Tomato Pizza Beans Herby Diced Potatoes | Jacket Potato Bar Toppings: Cheese, Beans, Chilli | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Jelly | Fresh Fruit Melody |
| TUESDAY | Chow Mein Eggless Noodles Spring Rolls | Chinese Curry Rice Spring Rolls | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Chocolate Cookie | Fresh Fruit Melody |
| WEDNESDAY | Herby Tomato Pasta Sweetcorn Broccoli Slice of Garlic Bread | Macaroni Cheese Sweetcorn Broccoli Slice of Garlic Bread | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Ice cream Or Yogurt | Fresh Fruit Melody |
| THURSDAY | Chickpea Curry Vegetable Rice Naan Bread | Brown Lentil Dhal Vegetable Rice Roti | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Sponge Cake Custard | Fresh Fruit Melody |
| FRIDAY | Quorn Nuggets Beans Chips | Cheese Salad Wrap Sweetcorn Chips | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Cornflake Slice | Fresh Fruit Melody |

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| WEEK 2 | OPTION 1 | OPTION 2 | Available Daily | Dessert | Available Daily |
|---------------|---|---|--|---------------------------|--------------------|
| MONDAY | Vegetable Pizza Beans Herby Diced Potatoes | Jacket Potato Bar Toppings: Cheese, Beans, Chilli | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Angel Delight | Fresh Fruit Melody |
| TUESDAY | Burritos Vegetable Rice Nachos | Chilli Con Carne Vegetable Rice Nachos | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Ice cream Or Yogurt | Fresh Fruit Melody |
| WEDNESDAY | Cheesy Pasta Bake Sweetcorn Broccoli Slice of Garlic Bread | Spaghetti Bolognese Sweetcorn Slice of Garlic Bread | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Chocolate Chip Cookie | Fresh Fruit Melody |
| THURSDAY | Panner and Pea Curry Rice Naan Bread | Yellow Lentil Dhal Rice Roti | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Flap Jack | Fresh Fruit Melody |
| FRIDAY | Veggie Fingers Beans Chips | Cheese Salad Wrap Sweetcorn Chips | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Jelly | Fresh Fruit Melody |

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| WEEK 3 | OPTION 1 | OPTION 2 | Available Daily | Dessert | Available Daily |
|---------------|--|--|--|---------------------------|--------------------|
| MONDAY | Cheese Pizza Beans Herby Diced Potatoes | Jacket Potato Bar Toppings: Cheese, Beans, Chilli | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Cornflake Slice | Fresh Fruit Melody |
| TUESDAY | Vegetable Pie Mixed Vegetables Mash Potatoes Gravy | Vegan Sausages Mixed Vegetables Mashed Potatoes Gravy | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Sponge Cake Custard | Fresh Fruit Melody |
| WEDNESDAY | Vegetable Pasta Bake Sweetcorn Broccoli Slice of Garlic Bread | Lasagne Sweetcorn Broccoli Slice of Garlic Bread | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Flap Jack | Fresh Fruit Melody |
| THURSDAY | Mixed Veg Sabji Roti Plain Yogurt | Kidney Bean Curry Rice Roti | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Angel Delight | Fresh Fruit Melody |
| FRIDAY | Vegan Burger in Bun Beans Chips | Cheese Salad Wrap Sweetcorn Chips | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Ice Cream Or Yogurt | Fresh Fruit Melody |

Akaal Primary School Menu (4 weekly cycle)

| WEEK 4 | OPTION 1 | OPTION 2 | Available Daily | Dessert | Available Daily |
|---------------|--|--|--|---------------------------|--------------------|
| MONDAY | Vegetable Pizza Beans Herby Diced Potatoes | Jacket Potato Bar Toppings: Cheese, Beans, Chilli | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Ice Cream Or Yogurt | Fresh Fruit Melody |
| TUESDAY | Quorn Hot Dog in Bun Fried Onions Beans Wedges | Cheese No Meat Burger In Bun Beans Wedges | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Cookie | Fresh Fruit Melody |
| WEDNESDAY | Quorn & Broccoli Pasta Bake Sweetcorn Slice of Garlic Bread | Meat free Balls Spaghetti Sweetcorn Slice of Garlic Bread | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Iced Buns | Fresh Fruit Melody |
| THURSDAY | Aloo Gobi (Cauliflower) Roti Plain Yogurt | Dhal Rice Roti | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Rice Pudding | Fresh Fruit Melody |
| FRIDAY | Chip Mix Topping choices Beans Cheese Mushy Peas | Cheese Salad Wrap Sweetcorn Chips | Fresh Salad: Tomatoes Cucumbers Peppers Celery | Jelly | Fresh Fruit Melody |