MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 1 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable pie	Shredded Chicken or Pulled Pork with BBQ sauce or Gravy	Minced beef and Dumplings	Beef Roast and Yorkshire puddings	Fish Fingers
Option 2	Meatballs in a Tomato Sauce with Pasta (V) Or Bolognaise with pasta (V)	Pizza (V)	Pasta Bake (V)	,	Curry with Rice (V)
Sides	Mixed VegetablesCauliflowerMashed potato	SweetcornGreen beansPeasWedgesMash	CarrotsBroccoliBoiled potatoesMash	BeansSweetcornBroccoliWedgesMash	PeasCarrotsChips
Dessert	Rice puddingJelly, fruit & Ice creamYoghurt	 Cornflake Cake & custard Instant Dessert with Fruit Yoghurt 	Sponge cake and custardYoghurt	 Apple Crumble and Custard Jelly and Fruit Yoghurt 	CheesecakeIce cream and FruitYoghurt



- Jacket potato with Filling (where applicable)
- Salad Bar
- Sandwiches or Subs or Wraps
- **Cheese & Crackers**
- Fresh Fruit
- Bread
- Drinking Water
- Wholegrain Pasta/Rice/Bread also available

All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.

