

# Spring Summer MENUS 2020

## The Norwich Primary Academy

**Week One Dates** 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10, 26/10

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef & Tomato Meatballs with Pasta & Tomato Sauce	Chicken Wrap with Potato Wedges	Cheese & Tomato Pizza with ½ Jacket Potato	Hunters Chicken Flatbread	Baked Fish Finger & Chips
Vegetarian Main Meal	Vegetarian Hot Dogs with Potato Wedges	Tomato Pasta	Pasta Carbonara	Tomato & Basil Pasta	Macaroni Cheese
Jacket Potato	Freshly Baked Jacket Potato with Grated Cheese, Baked Beans				
Vegetables	Seasonal Vegetables				
Dessert	Chocolate Crispy Cake	Lemon Drizzle Cake	Sultana & Cherry Flapjack	Fruit & Jelly	Fruit Salad

**Week Two Dates** 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese & Ham Melt with Potato Wedges	Chinese Style Chicken with Noodles	Sausage with Potato Waffles	Barbecue Pork with Wholegrain Rice	Baked Fish Finger & Chips
Vegetarian Main Meal	Tomato Pasta	Cheese & Vegetable Wrap	Macaroni Cheese	Tomato & Basil Pasta with Garlic Bread	Vegetable Taco with Mixed Salad
Jacket Potato	Freshly Baked Jacket Potato with Grated Cheese, Baked Beans				
Vegetables	Seasonal Vegetables				
Dessert	Chocolate Oatcake	Banana Traybake	Fruit & Jelly	Ginger Biscuit	Chocolate Cookie

**Week Three Dates** 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Burger in a Bun & Potato Wedges	Chicken Curry & Rice	Sausage with Potato Waffles	Cheese & Tomato Pizza with ½ Jacket Potato	Baked Fish Fingers & Chips
<b>Week 3</b>					
Main Meal Option	Beef Burger in a Bun & Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Roast of the Day with Stuffing, Roast Potatoes & Gravy	Smoky Pulled Chicken Wrap & Potato Wedges	Baked Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Burrito & Baked New Potatoes	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Vegetarian Pasta Carbonara & Garlic Bread	Veggie Sausage Hotdog & Chips
Vegetable Selection	Sweetcorn Carrots	Green Beans Broccoli	Savoy Cabbage Cauliflower	Roasted Carrots Roast Peppers & Sweetcorn	Baked Beans Garden Peas
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta	<b>Packed Lunch Available daily; Cheese or Ham</b> Pasta with a choice of cheese or tomato sauce				
Dessert	Apple Sponge & Custard	Chocolate Brownie	Jelly & Ice cream	Iced Carrot Cake & Orange Wedges	Toffee Cream Tart