

THREE WEEK MENU

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



LACA
the school food people

MENU CHECKED

2023



WEEK 1

W/C:
 17-Apr 08-May 29-May 19-Jun 10-Jul 31-Jul
 21-Aug 11-Sep 02-Oct 23-Oct 13-Nov 04-Dec
 25-Dec 15-Jan 05-Feb 26-Feb 18-Mar 08-Apr

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 	Sausages and Mash Pork and Beef Cocktail Sausages with Mashed Potato and Gravy	Roast Chicken Served with Roast Potatoes and Gravy	Beef Pasta Bolognese Served with Fusilli Pasta	Fish Fingers Served with Chips and Beans or Salad
JACKET POTATO	Chickpea and Vegetable Tikka Masala Served with Wholegrain Rice   	Macaroni Cheese 	Cheese and Vegetable Bake Served with Roast Potatoes 	Vegetarian Meatless Balls Served with Tomato Sauce and Rice  	Vegetarian Burger Served with Chips and Beans or Salad 
	Jacket Potato with Cheese 	Jacket Potato with Vegetarian Bolognese  	Jacket Potato with Salmon Mayo  	Jacket Potato with Baked Beans  	Jacket Potato with Cheese 
All main meals are served with a side of vegetables or salad.					
DESSERT	Smooth Fruit Yoghurt	Cranberry and Orange Shortbread	Jammy Jack	Pineapple Upside-Down Cake 	Fruity Friday 

AVAILABLE EVERY DAY

Water, milk, salad, brown malted bloomer bread & fresh fruit



 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice

WEEK 2

W/C:

24-Apr	15-May	05-Jun	26-Jun	17-Jul	07-Aug
28-Aug	18-Sep	09-Oct	30-Oct	20-Nov	11-Dec
01-Jan	22-Jan	12-Feb	04-Mar	25-Mar	

2023

MONDAY

Cheese and Tomato Pizza



**Cauliflower Macaroni
Cheese**



**Jacket Potato with
Baked Beans**



TUESDAY

**Chinese Chicken and
Egg Rice**



Cheese and Tomato Pasta



Jacket Potato with Cheese



WEDNESDAY

Roast Ham

Served with Roast Potatoes
and Gravy

Quorn Sausage

Served with Roast Potatoes
and Gravy



**Jacket Potato with
Tuna Mayo**

THURSDAY

Beef Burger in a Bun

Served with Ketchup and Diced
Potatoes

Vegetarian Pasta Bolognese

Served with Fusilli Pasta



**Jacket Potato with
Baked Beans**



FRIDAY

Fish Fingers

Served with Chips and
Beans or Salad

Vegan Dippers

Served with Chips and
Beans or Salad



**Jacket Potato with
Vegetarian Bolognese**



All main meals are served with a side of vegetables or salad.

Banana Marble Sponge



Smooth Fruit Yoghurt

**Apricot
Shortbread**

Jammy Jack

Fruity Friday



AVAILABLE EVERY DAY

Water, milk, salad, brown malted
bloomer bread & fresh fruit



 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice

WEEK 3

W/C:

01-May	22-May	12-Jun	03-Jul	24-Jul	14-Aug
04-Sep	25-Sep	16-Oct	06-Nov	27-Nov	18-Dec
08-Jan	29-Jan	19-Feb	11-Mar	01-Apr	

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 	Sausages and Mash Pork and Beef Cocktail Sausages with Mashed Potato and Gravy	Roast Chicken Served with Roast Potatoes and Gravy	Chicken Tikka Masala Served with Rice	Fish Fingers Served with Chips and Beans or Salad
JACKET POTATO	Mixed Beany Chilli Served with Rice  	Chinese Vegetable and Egg Rice   	Quorn Sausage Served with Roast Potatoes and Gravy 	Macaroni Cheese 	Vegetarian Meatless Balls Served with Tomato Sauce and Chips 
	Jacket Potato with Baked Beans  	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese 	Jacket Potato with Vegetarian Bolognese  	Jacket Potato with Cheese 
II main meals are served with a side of vegetables or salad.					
DESSERT	Pineapple Upside-Down Cake 	Smooth Fruit Yoghurt	Cranberry and Orange Shortbread	Mandarin and Lemon Drizzle Slice	Fruity Friday 

AVAILABLE EVERY DAY

Water, milk, salad, brown malted bloomer bread & fresh fruit



 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice