



RIVER ACADEMY

WEEK ONE



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Bolognaise Garlic Bread Broccoli	Chicken Teriyaki Noodles Mixed Vegetables	Chicken Burger in a Bun Potato Wedges Sweetcorn	Pork Sausage Creamy Mash Carrots Gravy	Chip Shop Friday
Vegetarian	Pasta with a Tomato & Basil Sauce Garlic Bread Broccoli	Quorn & Vegetable Teriyaki Noodles Mixed Vegetables	Vegi Burger in a Bun Potato Wedges Sweetcorn	Quorn Sausage & Mash Carrots Gravy	Cheese & Onion Pastie
Jackets	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad
Dessert of the Day	Apple & Raspberry Crumble Custard	Iced Sponge	Chocolate Brownie Chocolate Sauce	Jam Sponge Custard	Jam Donuts
Dessert Alternative	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie

Please ask for more information if you have any allergies.



RIVER ACADEMY

WEEK TWO



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Korma Rice & Naan Bread Carrots	Macaroni Cheese with Crispy Bacon Garlic Bread Salad	BBQ Chicken with Diced Potatoes and Vegetables	Tex Mex Beef Chilli Rice & Nachos Peas & Sweetcorn	Chip Shop Friday
Vegetarian	Quorn Korma Rice & Naan Bread Carrots	Macaroni Cheese Garlic Bread Salad	Creamy Vegetable Bake Roast Potatoes Broccoli	Quorn & Mixed Bean Chilli Rice & Nachos	Vegan Sausage Roll
Jackets	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad
Dessert of the Day	Pear Crumble Custard	Jam Sponge & Custard	Chocolate Brownie Chocolate Sauce	Pancakes & Syrup	Ring Donuts
Dessert Alternative	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie

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RIVER ACADEMY

WEEK THREE



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Sweet n Sour Chicken Balls Steamed Rice Stir Fry Vegetables	Cheeseburger with Wedges and sweetcorn	Chicken Fajita Wrap Salad	Beef Lasagne Garlic Bread	Chip Shop Friday
Vegetarian	Sweet & Sour Quorn Steamed Rice Stir Fry Vegetables	Spicy Bean Burger in a Bun Potato Wedges Sweetcorn	Vegetable & Bean Fajita wrap Salad	Roasted Vegetable & Feta Lasagne Garlic Bread	Vegetable & Cheese Bake
Jackets	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad
Dessert of the Day	Apple & Cinnamon Crumble Custard	Syrup Sponge Custard	Chocolate Brownie Chocolate Sauce	Chocolate Chip Sponge Custard	Ice Cream Pot
Dessert Alternative	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie

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