

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 V	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
	Chickpea and Vegetable Tikka Masala Served with Wholegrain Rice V, ♡, 🌿	Macaroni Cheese V	Cheese and Vegetable Bake Served with Roast Potatoes V	Vegetarian Meatless Balls Served with Tomato Sauce and Rice V, ♡	Vegetarian Burger Served with Chips and Beans or Salad V
JACKET POTATO	Jacket Potato with Cheese V	Jacket Potato with Vegetarian Bolognese V, ♡	Jacket Potato with Salmon Mayo 🐟, ♡	Jacket Potato with Baked Beans V, ♡	Jacket Potato with Cheese V

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 🍏
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AVAILABLE EVERY DAY
 Water, milk, salad, brown malted bloomer bread & fresh fruit



V 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Cheese and Tomato Pizza 	Chinese Chicken and Egg Rice 	Roast Ham Served with Roast Potatoes and Gravy	Beef Burger in a Bun Served with Ketchup and Diced Potatoes	Fish Fingers Served with Chips and Beans or Salad
Cauliflower Macaroni Cheese 	Cheese and Tomato Pasta 	Quorn Sausage Served with Roast Potatoes and Gravy 	Vegetarian Pasta Bolognese Served with Fusilli Pasta 	Vegan Dippers Served with Chips and Beans or Salad
Jacket Potato with Baked Beans 	Jacket Potato with Cheese 	Jacket Potato with Tuna Mayo	Jacket Potato with Baked Beans 	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
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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
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HOT SPECIALS	Cheese and Tomato Pizza V	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
	Mixed Beany Chilli Served with Rice V, HF	Chinese Vegetable and Egg Rice V, HF, WG	Quorn Sausage Served with Roast Potatoes and Gravy V	Macaroni Cheese V	Vegetarian Meatless Balls Served with Tomato Sauce and Chips V
JACKET POTATO	Jacket Potato with Baked Beans V, HF	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese V	Jacket Potato with Vegetarian Bolognese V, HF	Jacket Potato with Cheese V
<p> main meals are served with a side of vegetables or salad.</p>					
DESSERT	Pineapple Upside-Down Cake Fruity!	Smooth Fruit Yoghurt	Cranberry and Orange Shortbread	Mandarin and Lemon Drizzle Slice	Fruity Friday Fruity!

AVAILABLE EVERY DAY
 Water, milk, salad, brown malted bloomer bread & fresh fruit



 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice