

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Chinese chicken curry Tender pieces of chicken cooked with onion, garlic, pepper, coriander, ginger, coriander, cumin, turmeric, ground masala served on a bed of rice with naan bread (H)</p>	<p>Lasagne Mince beef cooked with onions, carrots, garlic, fresh herb & tomatoes Layered up between pasta sheets and topped with a cheese sauce baked in the oven and served with fresh vegetables or salad & garlic bread slice (H)</p>	<p style="text-align: center;">Roast of the day choose from the home roasted meats served with roast potatoes and seasonal fresh vegetables, Yorkshire pudding and gravy (H)</p>	<p>Burger day Choose from a beef burger or chicken burger served in a bun with Salad A choice of sauces (H)</p>	<p>Grab a go Day Sausage Roll Cheese & onion sausage Roll Hot & spicy chicken wings Chicken Nuggets Flat bread pizza slice (H & v)</p>	
OR	OR		OR		
<p>Pizza Slice A slice of pizza Pepperoni or cheese & Tomato (H & V)</p>	<p>Cheese & Tomato Omelette Served with (V)</p>		<p>Panini Selection of filled panini bread will be available</p>		
VEGETARIAN OPTION					
<p>Macaroni cheese pasta bake Macaroni pasta cooked in a creamy cheese sauce, with sliced leeks (v)</p>	<p>Cauliflower & Broccoli cheese Bake Florets of cauliflower and broccoli cooked and served in cheese sauce and topped with grated cheese (v)</p>	<p>Quorn sausage served in a Yorkshire pudding and onion gravy (V)</p>	<p>Vegetable bean burger Served in a bun with side salad A choice of sauces (V)</p>		
A selection of seasonal vegetables or mixed salad served daily with any main meal					
OR					
HOT ALTERNATIVES Hot Chicken Wraps, Pasta Bar, Jacket Potatoes and a Hand-held Snack available daily					
DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.					
FOR DESSERT A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday					



MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday	
Salt & Pepper chicken wrap (H) Tender chicken pieces coated in a salt & pepper seasoning served in a wrap (H)	Chilli Beef or Chicken Enchiladas served with savoury rice & side salad (H)	<i>ROAST OF THE DAY</i> Choose from our home roasted meat of the day or a Quorn fillet served with roast potatoes, seasonal vegetables and gravy (H)	Chip Shop Day Freshly battered cod fillet, served with chips & mushy peas chicken burger (H)	Grab ago Day S/F Chicken goujons Chicken wings Hog dog Paninis Vegan hot dog	
OR	OR		OR		
Jumbo Hot Dog Served in roll with fried onions & selection of sauces	Panini Selection of filled bread will be available (H&V)	OR	Sausage Roll Choose from a traditional pork		
VEGETARIAN OPTION					
Quorn sausage casserole (V)	Macaroni cheese pasta (V)	Quorn fillet roast Dinner (v)	Cheese & onion Sausage roll (v)		
A selection of seasonal vegetables or mixed salad					
OR					
HOT ALTERNATIVE Hot Chicken Wraps, Pasta Bar, Jacket Potatoes and a Hand-held Snack available daily					
DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.					
FOR DESSERT					
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday					

RPJ3 Group – Facilities & Foodservice Consultancy and Audit, May 19



**NORTH
LIVERPOOL
ACADEMY**

MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
KEEMA KEBABS Fresh minced lamb cooked with onions, garlic, ginger, garam masala, chillies and coriander, made into sausages and baked in the oven and served in a flatbread with shredded lettuce and savoury rice (H)	COTTAGE PIE Fresh minced beef cooked with onions, carrots and stock, topped with homemade mashed potatoes and baked in the oven until golden (H)	ROAST OF THE DAY Choose from our home roasted meat of the day or a Quorn fillet served with roast potatoes, seasonal vegetables and gravy (H)	ITALIAN MEATBALLS Turkey meatballs served in a homemade tomato sauce with tagliatelle pasta (H)	CHIP SHOP DAY Choose from battered cod fillet, fish fingers, fish cake or Quorn sausages all oven baked and served with chips Also available: Mushy Peas, Curry Sauce, Gravy, Bread and Butter (H&V)
OR	OR		OR	
SAUSAGE CASEROLE Fresh butcher's sausages cooked with onions, peppers, tomatoes and paprika, served on a bed of homemade mashed potatoes (H)	PIZZA SLICE A variety of pizza slices oven baked served with homemade potato wedges (H&V)	CHICKEN JALFRAZI Fresh chicken pieces cooked with onions, garlic, green chillies, turmeric, cumin, coriander and tomatoes served on a bed of rice, with a Naan bread (H)		
VEGETARIAN OPTION				
QUORN BALLS IN TOMATOES & BASIL SAUCE Quorn balls and pasta spirals coated in a tomato and basil sauce and topped with cheese and baked in the oven until golden (V)	SPICY CHICKPEA SPINACHE A LENTIL CURRY Chickpeas cooked with onions, garlic, ginger, cumin, coriander, turmeric and tomatoes, served on a bed of rice with Naan bread (V)	SWEET & SOUR QUORN Quorn pieces cooked with onions, peppers and pineapple in a homemade sweet and sour sauce, and served on a bed of rice (V)	VEGETARIAN COTTAGE PIE Vegimince cooked with, onions, carrots, tomatoes and herbs topped with a cheesy homemade mashed potato (V)	
A selection of seasonal vegetables or mixed salad				
OR				
HOT ALTERNATIVE Hot Chicken Wraps, Pasta Bar, Jacket Potatoes and a Hand-held Snack available daily				
DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				

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