

THE HEREFORD ACADEMY LUNCH TIME MENU WEEK 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Beef Bolognaise	Sausage Casserole	Roast Chicken Stuffing and Gravy	Oriental Beef	Fish Pie
Vegetarian Option	Vegetable Risotto	Tomato Pasta Bake	Vegetarian Shepherds Pie (Quorn)	Chunky Vegetable Soup	Quorn Sausages
Carbohydrates	Penne Pasta	Diced Potato	Roast Potato	Egg Noodles	Chips
	Half Jacket Potato		Boiled Potato	Rice	
Vegetables	Rainbow Salad	Mixed Green Vegetables	Carrots Cabbage	Stir Fry Vegetables	Peas Sweetcorn
Other Items	Jacket Potato with a	choice of filling	assorted Sandwiches	Baguettes and Wraps	
Dessert	Chocolate Sponge and Chocolate Sauce	Shortcake	Ginger Bread Men	Cherry and Apple Crumble and Custard	Chocolate Crackle
Fruit and Yoghurt	Selection of Fresh Fruit	and Fruit Pots	available daily		
Drinks	Selection of Fruit Juices	and Hot Beverages	available daily		

Fresh Bread available daily