

RUSHCLIFFE SPENCER ACADEMY

Week 1

MONDAY

Chicken Mushroom in a Creamy Sauce
Steamed Rice
Garden Peas
Leeks

OR

Vegetable Chow Mein
Garden Peas
Leeks
Garlic Slice

Winter Sponge
Custard

TUESDAY

Spicy Beef Sausage Roll
Roast Potatoes
Baton Carrots
Green Cabbage

OR

Vegetarian Casserole
Roast Potatoes
Baton Carrots
Green Cabbage

Plum & Cocoa Sponge
Custard

WEDNESDAY

Roast Beef
Yorkshire Pudding
Creamed Potatoes
Fresh Broccoli
Brussels

OR

Green Garden
Vegetable Pie
Creamed Potatoes
Fresh Broccoli
Brussels

Sticky Toffee Pudding
Custard

THURSDAY

Thai Red Chicken Curry
Steamed Rice
Garden Peas
Green Beans

OR

Sweet Chilli Halloumi
Steamed Rice
Garden Peas
Green Beans

Parsnip & Ginger Bars

FRIDAY

Battered Fish
Baked Beans
Or
Garden Peas
Oven Wedges

OR

Spicy Sweetcorn
Fritter
Baked Beans
Or
Garden Peas
Oven Wedges

Chocolate Butterfly
Cakes

RUSHCLIFFE SPENCER ACADEMY Week 2

MONDAY

Minced Beef Yorkshire
Pudding Wrap
Creamed Potatoes
Broccoli
Green Beans

OR

Broccoli Chilli & Lemon
Spaghetti
Broccoli
Green Beans

Majorca Slice
Custard

TUESDAY

Caribbean Chicken
Curry
Steamed Rice
Garden Peas
Naan

OR

Stuffed Pepper with
Vegetable Risotto
Garden Peas
Garlic Slice

Date Slice
Custard

WEDNESDAY

Roast Pork
Stuffing
Boulangere Potatoes
Spring Cabbage
Baton Carrots

OR

Roast Vegetable &
Pesto Wrap
Boulangere Potatoes
Spring Cabbage
Baton Carrots

Rhubarb & Custard
Cake
Custard

THURSDAY

Sticky Honey Mustard
Sausages
Roast Vegetables
Creamed Potatoes

OR

Vegetarian Curry
Steamed Rice
Roast Vegetables
Naan

Steamed Chocolate
Sponge
Chocolate Sauce

FRIDAY

Salmon Fish Cake
Baked Beans
Or
Garden Peas
Oven Wedges

OR

Vegan Burrito
Garden Peas
Oven Wedges

Decorated
Chocolate Muffin

RUSHCLIFFE SPENCER ACADEMY

Week 3

MONDAY

Chilli Con Carne
Steamed Rice
Garden Peas
Garlic Slice

OR

Cheese & Broccoli
Quiche
New Potatoes
Garden Peas

Steamed Jam Roll
Custard

TUESDAY

Chicken Mushroom &
Leek Pie
Roast Potatoes
Fresh Broccoli
Baton Carrots

OR

Quorn Taco
Roast Potatoes
Fresh Broccoli
Baton Carrots

Upside Down Berry
Cake
Custard

WEDNESDAY

Roast Chicken
Yorkshire Pudding
Fresh Broccoli
Cauliflower
Creamed Potatoes

OR

Mushroom Toad in the
Hole
Fresh Broccoli
Cauliflower
Creamed Potatoes

Apple & Cocoa Sponge
Custard

THURSDAY

Beef Mexican Stack
Roast Vegetables
Garlic Slice

OR

Vegetable Balti
Steamed Rice
Roast Vegetables

Cornflake Tart
Custard

FRIDAY

Battered Fish
Baked Beans
Or
Garden Peas
Herby Dice

Or

Spicy Sweetcorn
Fritters
Baked Beans
Or
Garden Peas
Herby Dice

Decorated
Shortbread Biscuit