

RUSHCLIFFE SPENCER ACADEMY

Week 1

MONDAY

Keralan Curry
Steamed Rice **V**
Garden Peas
Carrots
Garlic Slice

OR

Chicken Jambalaya
Garden Peas
Carrots
Garlic Slice

Apple & Date Crumble
Custard

TUESDAY

Vegetable Crumble **V**
Sliced Garlic Potatoes
Roast Vegetables

OR

Honey Baked Chicken
Drumstick with Fried
Rice
Roast Vegetables

Upside Down Berry Cake
Custard

WEDNESDAY

Roast Quorn **V**
Baton Carrots
Cauliflower
Roast Potatoes

OR

Roast Pork
Baton Carrots
Cauliflower
Roast Potatoes

Chocolate & Banana
Sponge
Custard

THURSDAY

Super Veg Pasta **V**
Broccoli
Garlic Slice

OR

Chinese Style Beef &
Green Pepper Stir Fry
Broccoli
Garlic Slice

Courgette Brownie
Custard

FRIDAY

BBQ Pulled Pork
Burger **V**
Baked Beans
Or
Garden Peas
Chips
OR

Southern Fried
Chicken Goujons
Baked Beans
Or
Garden Peas
Chips

Butterscotch Tart

RUSHCLIFFE SPENCER ACADEMY Week 2

MONDAY

Indian Fried Rice with
Quorn Mince ✓
Garden Peas
Green Beans

OR

Minced Beef Yorkshire
Pudding Wrap
Garden Peas
Green Beans

Lemon Drizzle Cake
Custard

TUESDAY

Vegetable Biryani ✓
Baton Carrots
Broccoli

OR

Creamy Mustard
Chicken Tray Bake
Baton Carrots
Broccoli

Date & Cocoa Brownie
Custard

WEDNESDAY

Roast Vegetable &
Pesto Wrap ✓
Creamed Potatoes
Spring Cabbage
Broccoli

OR

Roast Beef
Creamed Potatoes
Spring Cabbage
Broccoli

Pear & Honey Sponge
Custard

THURSDAY

Moroccan Mushrooms
with Cous—Cous ✓
Baton Carrots
Leeks

OR

Jerk Chicken
Vegetable Rice
Baton Carrots
Leeks

Iced Chocolate Sponge
Custard

FRIDAY

Spicy Mushroom &
Broccoli Noodles ✓
Green Beans

OR

Battered Fish
Baked Beans
Or
Garden Peas
Herby Dice

Orange & Apricot
Cake
Custard

RUSHCLIFFE SPENCER ACADEMY

Week 3

MONDAY

Vegan Burrito **V**
Broccoli
Cauliflower

OR

Chicken Tray Bake
Vegetable Rice
Broccoli
Cauliflower

Steamed Jam Roll
Custard

TUESDAY

Vegetarian Curry **V**
Steamed Rice
Garden Peas
Green Beans
Naan

OR

Chilli Wedge Bake
Garden Peas
Green Beans

Carrot Cake
Custard

WEDNESDAY

Vegetable Hot Pot **V**
Baton Carrots
Green Cabbage
Creamed Potatoes

OR

Roast Chicken
Baton Carrots
Green Cabbage
Creamed Potatoes

Apple & Rhubarb
Crumble
Custard

THURSDAY

Crispy Greek Style Pie **V**
Hungarian Potatoes
Sweetcorn
Garden Peas

OR

Sticky Chicken Noodles
Sweetcorn
Garden Peas

Pineapple & Coconut
Sponge
Custard

FRIDAY

Vegan Quorn Filled
Taco **V**
Baked Beans
Oven Wedges

Or

Sausage
Baked Beans
Oven Wedges

Chocolate Butterfly
Cake