

WEEK ONE: MORNING BREAK

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Dish	Pasta Dish	Pasta Dish	Pasta Dish	Pasta Dish
G M Ms S	G M Ms S	G M Ms S	G M Ms S	G M Ms S
Vegetarian Panini	Vegetarian Panini	Chicken Wrap	Vegetarian Panini	Vegetarian Panini
V G S	V G S	G M Ms S	V G S	V G S
Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast
V G	V G	V G	V G	V G
Hot Dog & Onions	Savoury Pizza Slice	Vegetarian Panini	Snack of the Day	Snack of the Day
G S	G M S	V G S		
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato

Special Diets & Allergies

If your child or you have any food allergies, intolerances, religious or ethical beliefs or special diets, please speak to the Head Chef, Paul Smith

Tel: 0115 964 7641 Email: p.smith@bulwellacademy.co.uk

Symbols

V Vegetarian	G Contains Gluten	C Contains Celery	M Contains Milk	E Contains Egg
S Contains Sulphite	F Contains Fish	Ms Contains Mustard		

WEEK ONE: LUNCH-TIME

Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Chicken & Vegetable Pie G C M E S	Main Dish Lasagne Beef G C M S	Main Dish Chef's Choice	Main Dish Roast Pork S	Main Dish Crispy Fish in Batter G F Ms
Vegetarian Dish Vegetarian Tikka & Rice V C	Vegetarian Dish Quiche V G M E S	Vegetarian Dish Chef's Choice V	Vegetarian Dish Vegetable Slice V G C M S	Vegetarian Dish Vegetable Chilli & Rice V C
Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Chips Seasonal Vegetables
Desserts Fruit Crumble G M S Selection of Cold Desserts	Desserts Orange & Chocolate Sponge G M E Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts	Desserts Sticky Toffee Pudding G M E S Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts

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WEEK TWO: MORNING BREAK

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Dish	Pasta Dish	Pasta Dish	Pasta Dish	Pasta Dish
G M Ms S	G M Ms S	G M Ms S	G M Ms S	G M Ms S
Vegetarian Panini	Vegetarian Panini	Vegetarian Panini	Vegetarian Panini	Vegetarian Panini
V G S	V G S	V G S	V G S	V G S
Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast
V G	V G	V G	V G	V G
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato

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Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Beef & Potato Pie G M E S	Main Dish Chicken Curry & Rice M	Main Dish Chef's Choice	Main Dish Roast Beef & Yorkshire Pud G M E S	Main Dish Crispy Fish in Batter G F Ms
Vegetarian Dish Seasonal Vegetable Pie V M S	Vegetarian Dish Vegetarian Pizza V G M S	Vegetarian Dish Chef's Choice V	Vegetarian Dish Vegetable Pasty V G M E S	Vegetarian Dish Vegetarian Risotto V S
Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Chips Seasonal Vegetables
Desserts Lemon Sponge G M E Selection of Cold Desserts	Desserts Chocolate & Vanilla Sponge G M E Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts	Desserts Cornflake Tart G M Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts

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WEEK THREE: MORNING BREAK

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Dish G M Ms S	Pasta Dish G M Ms S	Pasta Dish G M Ms S	Pasta Dish G M Ms S	Pasta Dish G M Ms S
Vegetarian Panini V G S	Vegetarian Panini V G S	Chicken Wrap G M Ms S	Vegetarian Panini V G S	Vegetarian Panini V G S
Baked Beans on Toast V G	Baked Beans on Toast V G	Baked Beans on Toast V G	Baked Beans on Toast V G	Baked Beans on Toast V G
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato

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WEEK THREE: LUNCH-TIME

Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Lasagne Beef G C M S	Main Dish Chicken Curry & Rice M	Main Dish Chef's Choice	Main Dish Roast Pork S	Main Dish Crispy Fish in Batter G F Ms
Vegetarian Dish Vegetable Pie V M G C E	Vegetarian Dish Vegetable Quiche V G M E S	Vegetarian Dish Chef's Choice V	Vegetarian Dish Veg & Lentil Hot Pot V C	Vegetarian Dish Sweet & Sour Vegetables V G S
Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Chips Seasonal Vegetables
Desserts Apple Crumble G M S Selection of Cold Desserts	Desserts Golden Syrup Sponge G M E Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts	Desserts Carrot Cake G M E S Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts

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WEEK FOUR: MORNING BREAK

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Dish	Pasta Dish	Pasta Dish	Pasta Dish	Pasta Dish
G M Ms S	G M Ms S	G M Ms S	G M Ms S	G M Ms S
Vegetarian Panini	Vegetarian Panini	Vegetarian Panini	Vegetarian Panini	Vegetarian Panini
V G S	V G S	V G S	V G S	V G S
Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast	Baked Beans on Toast
V G	V G	V G	V G	V G
Snack of the Day	Snack of the Day	Chicken Wrap	Snack of the Day	Snack of the Day
		G M Ms S		
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato

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WEEK FOUR: LUNCH-TIME

Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Spaghetti Bolognese G C Ms	Main Dish Chicken Tikka & Rice M	Main Dish Chef's Choice	Main Dish Roast Chicken S	Main Dish Crispy Fish in Batter G F Ms
Vegetarian Dish Vegetable Quiche V G M E S	Vegetarian Dish Roast Vegetable Roll V G S	Vegetarian Dish Chef's Choice V	Vegetarian Dish Vegetable Lasagne V M C G S	Vegetarian Dish Sweet & Sour Vegetables V G M S
Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Seasonal Potatoes Seasonal Vegetables	Chips Seasonal Vegetables
Desserts Chocolate Fudge Cake G M E Selection of Cold Desserts	Desserts Bakewell Tart G M E Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts	Desserts Butterscotch Tart G M E Selection of Cold Desserts	Desserts Chef's Choice Selection of Cold Desserts

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