

# Academy @ Worden



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Cottage Pie</b> topped with creamy mashed potato, With vegetables or beans	<b>Meatball Italiane or Meatballs in onion Gravy</b> Pork meatballs served with Pasta or Potatoes & Vege- tables	<b>Curry of the day</b> Tasty Indian spiced Ragout, studded with chicken, served with rice & Indian breads	<b>Traditional Roast Dinner</b> Delicious roast served with all the classic trimmings	<b>Chippy Day!!</b> Battered white Fish or steak pud, served with chips, and peas or beans
<b>Vegetarian Choice</b>	<b>Filled omelette,</b> oozing with cheddar cheese With Beans & Mashed Potato	<b>Freshly made Veggie Quiche</b> Served with Herby pota- toes, & crisp mixed salad or beans	<b>Twice Baked Potato</b> Filled with jewels of vege- tables & cheese, Served with Crisp salad & beans	<b>Quorn mince Bolognese</b> Rich herby tomato, veggie friendly Bolognese, with garlic slice	<b>Cheese Pasty</b> Flaky pastry packed with cheese and mild onion Served with beans
<b>Snacks and Grab &amp; Go</b>	A selection of hot and cold ready to go lighter bites available	A selection of hot and cold ready to go lighter bites available	A selection of hot and cold ready to go lighter bites available	A selection of hot and cold ready to go lighter bites available	A selection of hot and cold ready to go lighter bites available
<b>Other hot offers</b>	Freshly made Pizza & Jacket potatoes - with vari- ous fillings and toppings	Freshly made Pizza & Jacket potatoes - with vari- ous fillings and toppings	Freshly made Pizza & Jacket potatoes - with vari- ous fillings and toppings	Freshly made Pizza & Jacket potatoes - with various fillings and toppings	Freshly made Pizza & Jacket potatoes - with various fillings and toppings
<b>Seasonal Fresh Fruit &amp; other treats</b>	Selection of fresh fruit pots and whole pieces of fruit Yogurts & home bakes	Selection of fresh fruit pots and whole pieces of fruit Yogurts & home bakes	Selection of fresh fruit pots and whole pieces of fruit Yogurts & home bakes	Selection of fresh fruit pots and whole pieces of fruit Yogurts & home bakes	Selection of fresh fruit pots and whole pieces of fruit Yogurts & home bakes



# Create your menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>					
<b>Vegetarian Choice</b>					
<b>Seasonal Fresh Vegetables</b>					
<b>Dessert</b>					
<b>Seasonal Fresh Fruit</b>	Selection of fresh fruit pots and whole pieces of fruit	Selection of fresh fruit pots and whole pieces of fruit	Selection of fresh fruit pots and whole pieces of fruit	Selection of fresh fruit pots and whole pieces of fruit	Selection of fresh fruit pots and whole pieces of fruit



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