

Academy @ Worden



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet & Sour Chicken Pieces of chicken with bell peppers, in an Oriental style sauce, served with rice	Beef Lasagne Classic Italian dish, layers of beef ragout, creamy white sauce and pasta, served with garlic bread	Curry of the day Tasty Indian spiced Ragout, studded with chicken, served with rice & Indian breads	Chicken Burger Healthier version of the high street classic, served with 'slaw & mixed salad	Chippy Day!! Battered white Fish or steak pud, served with chips, and peas or beans
Vegetarian Choice	Veggie Savoury Rice, served with Spiced Bean burger Braised rice, packed with veggies, and herbs	Quorn Sausage Italian Pasta Pieces of tasty Quorn sausages, bound with Pasta in a lightly spiced Italian style sauce	Sweet Bell pepper Quiche Crisp pastry filled with sweet bell peppers and cheddar cheese, served with crushed potatoes, with crisp mixed salad or beans	Tomato & cheese Pasta Bake Rich tomato sauce scented with Med style herbs, with pasta and dusted with cheese, served with mixed salad	Veggie Burger Tasty baked veggie burger served with crisp salad and mayo
Snacks and Grab & Go	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
Other hot offers	Freshly made Pizza & Jacket potatoes - with various fillings and toppings	Freshly made Pizza & Jacket potatoes - with various fillings and toppings	Freshly made Pizza & Jacket potatoes - with various fillings and toppings	Freshly made Pizza & Jacket potatoes - with various fillings and toppings	Freshly made Pizza & Jacket potatoes - with various fillings and toppings
Seasonal Fresh Fruit & other treats	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
Main Meal					
Vegetarian Choice					
Seasonal Fresh Vegetables					
Dessert					
Seasonal Fresh 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	Selection of fresh fruit pots and whole pieces of fruit



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