

Glapton Academy

Week 1 2018

Celebrating 20
Years of
Nottingham
Catering

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all Schools.

✓ = Vegetarian

Date:

5th November, 3rd December, 14th
January, 11th February, 18th March



Monday

Tuesday

Wednesday

Thursday

Friday

Main

Beef Chilli

✓ Butternut Squash & Chickpea Tagine

Tomato & Basil Pasta

Meatballs and Pasta in Tomato Sauce

✓ Vegetable Lasagne

Cheese Baguette

Roast Gammon & Gravy

✓ Quorn Roast & Gravy

Tomato & Basil Pasta

Cajun Chicken

✓ Veggie Hot Dog

Jacket Potato with Beans & Cheese

Salmon Fish Finger

✓ Cheese & Tomato Pizza

Tuna Baguette

Side dishes

White Rice

½ Jacket Potato

Fresh Broccoli
Carrots
Green Beans

Baguette Chunk

Mixed Salad
Sweetcorn

Organic Mashed Potato
Pineapple

Vegetable Medley

White Rice

Baked Beans
Green Beans

Oven Chips

Mushy Peas or Peas
Mixed Salad with Carrot

Dessert

Angel Delight
With Fruit

Fresh Fruit Salad

Chocolate Fudge
Pudding
Fresh Custard

Fresh Fruit Salad

Lemon Drizzle Cake

Fresh Fruit Salad

Butterscotch Tart

Fresh Fruit Salad

Oaty Cookies
with Fruit Wedges

Fresh Fruit Salad

For our silver food for life, we use Organic Eggs, Organic Pasta and Organic Potatoes. Over 75% of our dishes are home produced from fresh ingredients. All our meat is British Red Tractor and our fish MCS/MCS accredited.

Menu may be subject to change.



Glapton Academy

Week 2 2018

Celebrating 20
Years of
Nottingham
Catering

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Date:

12th November, 10th December, 21st
Januarv. 25th Februarv. 25th March



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Louisiana Chicken & Potatoes ✓ Pasta with Tomato & Basil Sauce Cheese Baguette	Chicken Curry ✓ Quorn Fajitas Jacket Potato with Cheese & Coleslaw	Roast Turkey With Gravy ✓ Quorn Roast With Gravy Tomato & Basil Pasta	Beef Lasagne ✓ Veggie Cottage Pie Jacket Potato with Beans & Cheese	Fish Finger ✓ Vegetable Pizza Chicken Mayo Baguette
Side dishes	Wholemeal Baguette Slices Carrots Fresh Broccoli Mixed Salad	White Rice Mixed Salad Sweetcorn	Organic Roast Potatoes Vegetable Medley	Wholemeal Baguette Slices Baked Beans Carrots	Oven Chips Mixed Salad Peas
Dessert	Chocolate Crunchies Fresh Fruit Salad	Apple Crumble Fresh Fruit Salad	Chocolate & Beetroot Muffin Fresh Fruit Salad	Shortbread Fresh Fruit Salad	Flapjack Fresh Fruit Salad

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Glapton Academy

Week 3 2018

Celebrating 20
Years of
Nottingham
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 = Vegetarian

Date:

19th November, 17th December, 28th
January, 4th March, 1st April



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jerk Chicken  Quorn Chilli	Beef Cottage Pie  Vegetable Picnic Pie	Roast Chicken With Gravy  Quorn or Linda McCartney Sausage With Gravy	Sausage  Cheese Snack	Salmon Fishcake & Parsley Sauce  Pizza
Side dishes	Egg Mayo Baguette Rice & Peas Mixed Salad Sweetcorn	Jacket Potato with Tuna Gravy Mixed Salad Carrots	Tomato & Basil Pasta Yorkshire Pudding Organic Boiled/Mashed Potato Vegetable Medley	Jacket Potato with Beans & Cheese Mashed Potatoes Baked Beans	Cheese Baguette Oven Chips Mushy Peas or Peas
Dessert	Oaty Cookie Milk Fresh Fruit Salad	Iced Mandarin Sponge Fresh Fruit Salad	Ice Cream & Fruit Salad Fresh Fruit Salad	Chocolate & Pear Sponge & Chocolate Custard Fresh Fruit Salad	Apple Muffin Milk Fresh Fruit Salad

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Glapton Academy

Week 4 2018

Celebrating 20
Years of
Nottingham
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Date:

26th November, 7th January, 4th February,
11th March



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	All Day Breakfast ✓ Veggie All Day Breakfast	Chicken & Vegetable Pie in Gravy ✓ Quorn Vegetable Paella	Roast Turkey With Stuffing & Gravy ✓ Quorn Roast With Gravy	Beef Spaghetti Bolognese ✓ Vegetable Curry	Salmon Nibbles ✓ Vegetable Pizza
Side dishes	Tomato & Basil Pasta Bread & Butter Baked Beans	Tuna Baguette Mashed Potatoes Green Beans Sweetcorn	Tomato & Mascarpone Pasta Organic Roast Potatoes Gravy Vegetable Medley	Jacket Potato with Tuna Mayo White Rice Sweetcorn Carrots Flatbread	Cheese Baguette Oven Chips Mushy Peas or Peas Green Beans
Dessert	Buffalo Sponge (Chocolate Sponge) Fresh Fruit Salad	Ginger Muffin Fresh Fruit Salad	Angel Delight With Fruit Fresh Fruit Salad	Cornflake Tart & Custard Fresh Fruit Salad	Shortbread Cookie Milk Fresh Fruit Salad



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