

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dishes	Chicken Chasseur with Herby New Potatoes	Italian Meatballs with Spaghetti	Creamy Chicken Pie with Creamed Potatoes	Roast Norfolk Turkey Roast Potatoes	Fishermans Pie Saute Potatoes
	Chickpea Curry with Couscous	Spicy Vegetable Burgers	Mixed Bean Casserole Cheese & Potato Pie	Lentil & Tomato Quiche Cheese Potato Nest	Vegetable Pie Creamed Potatoes
Hot Lite Bites	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Potatoes Pasta Roma
Vegetables	Baked Beans Peas/Sweetcorn	Baked Beans Roasted Vegetables	Baked Beans Spring Greens	Baked Beans Fresh Garden Peas	Baked Beans Spinach
Cold Lite Bites	<i>Assorted Sandwiches</i>	<i>Salads</i>	<i>Baguettes</i>	<i>Tortilla Wraps</i>	<i>Crusty Rolls</i>
Desserts	Hawaiian Crumble Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Creamy Rice Pudding Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Neapolitan Ice Cream Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Crispy Date Squares Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Chocolate Treacle Sponge Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads

Miss Bristow – Catering Manager

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dishes	Spaghetti Bolognaise	Grilled Pork Chop with Oven Chips	Chilli Con Carne with Rice	Lamb & Chickpea Curry With Naan Bread	Tuna Lasagne
	Lentil Bolognaise	Spiced Vegetable Pilau	Vegetable Chilli	Cauliflower Gratin	Mushroom Stroganoff with Noodles
Hot Lite Bites	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma
Vegetables	Julienne Carrots Saute Potatoes	Curly Kale Creamed Potatoes	Homemade Coleslaw Sweetcorn	Sliced Green Beans Saute Potatoes	Baked Beans Cheese & Onion Potato Shells
Cold Lite Bites	<i>Assorted Sandwiches</i>	<i>Salads</i>	<i>Baguettes</i>	<i>Tortilla Wraps</i>	<i>Crusty Rolls</i>
Desserts	Lemon Love Cake Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Choc & Banana Brownies Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Gingerbread Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Fruit Scones Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Peach Melba Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads

Miss Bristow – Catering Manager

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dishes	Turkey Korma with Naan Bread	Sweet & Sour Chicken with Rice	Chicken Fajitas with salad	Beef Moussaka	Roasted Topside Beef Roast Potatoes
	Three Bean Hot Pot	Bean Goulash	Chickpea Fritters	Roasted Mediterranean Couscous	Grilled Salmon Creamed Potatoes
Hot Lite Bites	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma	Academy Pizza Assorted Paninis Filled Jacket Potatoes Pasta Roma
Vegetables	Baked Beans Green Salad Loaded Jackets	Baked Beans Julienne Carrots Vegetable Fried Rice	Mixed Bean Salad Savoury Rice Oven Chips	Sweetcorn/Curly Kale Cheese & Tomato Nests Potato Wedges	Green Beans Roasted Vegetables Gravy
Cold Lite Bites	<i>Assorted Sandwiches</i>	<i>Salads</i>	<i>Baguettes</i>	<i>Tortilla Wraps</i>	<i>Crusty Rolls</i>
Desserts	Brownies Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Sweet Pancakes Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Ice-cream Brickettes Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Bran Tea Loaf Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads	Steamed Fruit Pudding Selection of Yoghurts Selection of Fresh Fruit Fresh Fruit Salads

Miss Bristow – Catering Manager

The Business Academy Primary Menus – until February 2010#

<i>Week One</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Minced Beef Pie Filled Jacket Potatoes Pasta Marengo	Chicken Korma Filled Jacket Potatoes Pasta Marengo	American Hot Dogs Filled Jacket Potatoes Pasta Marengo	Oriental Beef Stir Fry Filled Jacket Potatoes Pasta Marengo	Fish Fingers Filled Jacket Potatoes Pasta Marengo
Vegetarian	Baked Bean Pasties	Chickpea Curry	Vegetarian Hot Dogs	Vegetable Stir Fry	Macaroni Cheese
Vegetables	Boiled Potatoes Seasonal Vegetables	Rice/Naan Bread Seasonal Vegetables	Oven Chips Seasonal Vegetables	Egg Noodle Seasonal Vegetables	Sauté Potatoes Seasonal Vegetables
Desserts	Chocolate Mousse Fruit Yoghurts Fresh Fruit	Banana Toffee Tart Fruit Yoghurts Fresh Fruit	Fruit Jelly Fruit Yoghurts Fresh Fruit	Rice Pudding Fruit Yoghurts Fresh Fruit	Vanilla Ice-Cream Fruit Yoghurts Fresh Fruit
Daily Extras	Chilled Water	Freshly Baked Bread Rolls	Seasonal Salad	Baked Beans	Chilled Water

The Business Academy Primary Menus – until February 2010#

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week Two</i>					
Main Course	Spaghetti Bolognaise Filled Jacket Potatoes Pasta Marengo	Chicken Pie Filled Jacket Potatoes Pasta Marengo	Chilli Tortillas Filled Jacket Potatoes Pasta Marengo	Chicken Sweet & Sour Filled Jacket Potatoes Pasta Marengo	Roast Turkey Filled Jacket Potatoes Pasta Marengo
Vegetarian	Lentil Bolognaise	Cheese & Broccoli Bake	Herby Spaghetti	Sweet & Sour Vegetables	Vegetable Quiche
Vegetables	Wholemeal Spaghetti Seasonal Vegetables	Cheese & Onion Potato Shells Seasonal Vegetables	Green Salad Seasonal Vegetables	Brown Rice Seasonal Vegetables	Roast Potatoes Seasonal Vegetables
Desserts	Bakewell Tart Yoghurts Fresh Fruit	Chocolate Cake Fruit Yoghurts Fresh Fruit	Lemon Meringue Pie Fruit Yoghurts Fresh Fruit	Apple Crumble Fruit Yoghurts Fresh Fruit	Sweet Pancakes Fruit Yoghurts Fresh Fruit
Daily Extras	Chilled Water	Freshly Baked Bread Rolls	Seasonal Salad	Baked Beans	Chilled Water

The Business Academy Primary Menus – until February 2010#

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week Three</i>					
Main Course	Cottage Pie Filled Jacket Potatoes Pasta Marengo	Chicken Goujons Filled Jacket Potatoes Pasta Marengo	Lamb Hot-Pot Filled Jacket Potatoes Pasta Marengo	Salmon Fishcakes Filled Jacket Potatoes Pasta Marengo	Homemade Pizza Filled Jacket Potatoes Pasta Marengo
Vegetarian	Shepherdess Pie	Chickpea Fritters	Sweetcorn & Pasta Bake	Vegetable Stir Fry	Lentil Burgers
Vegetables	Sauté Potatoes Seasonal Vegetables	Creamed Potatoes Seasonal Vegetables	Green Salad Seasonal Vegetables	Brown Rice Seasonal Vegetables	Oven Chips Seasonal Vegetables
Desserts	Peach Muffin Fruit Yoghurts Fresh Fruit	Lemon Surprise Fruit Yoghurts Fresh Fruit	Lemon Meringue Pie Fruit Yoghurts Fresh Fruit	Cherry Pie Fruit Yoghurts Fresh Fruit	Chocolate Shortcake Fruit Yoghurts Fresh Fruit
Daily Extras	Chilled Water	Freshly Baked Bread Rolls	Seasonal Salad	Baked Beans	Chilled Water