

WEEK ONE

WASHINGTON ACADEMY



MONDAY

MAIN MEAL

Pizza Slice

VEGETARIAN

Tomato Pasta

SIDES

Potato Cubes
Beans
Salad
Garlic Bread

PANINI OF THE DAY

Cheese & Ham

SNACK

Salt & Pepper
Chicken Baguette

DESSERT

Jam & Coconut Slice
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Doughnut
Crackers & Cheese

TUESDAY

BBQ Chicken

Quorn Bolognese
Pasta Bake

Roast Potatoes
Vegetable Rice
Salad
Garlic Bread

Cajun Chicken

Garlic Chicken Wrap

Chocolate Sponge &
Orange Chocolate
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Pancakes
Crackers & Cheese

WEDNESDAY

Sausages
Yorkshire Pudding

Quorn Cajun Veggie
Pasta Bake

Mashed Potato
Roast Cajun Potatoes
Farmhouse Vegetables
Swede & Gravy
Garlic Bread
Salad

Cheese & Ham

Meatball Baguette

Toffee Sponge &
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Crispy Cake
Crackers & Cheese

THURSDAY

Chicken Curry

BBQ Quorn Wrap

Waffle Fries
Sweetcorn
Naan Bread
Rice
Garlic Bread
Salad

Cajun Chicken

Chicken Noodle Pot

Sprinkle Cake
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Flapjack
Crackers & Cheese

FRIDAY

Fish Fillet
Salmon Goujons

Quorn Nuggets

Chips
Peas
Beans
Salad

Cheese & Ham

Southern Fried Chicken
Goujons

Friday Bake Off
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Traybake
Crackers & Cheese

WEEK TWO

WASHINGTON ACADEMY



MONDAY

MAIN MEAL

Beef Burger in a Bun

VEGETARIAN

Quorn Burger in a Bun

SIDES

Potato Wedges
Salad
Coleslaw

PANINI OF THE DAY

Cheese & Ham

SNACK

Garlic Chicken Wrap

DESSERT

Syrup Sponge &
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Pancakes
Crackers & Cheese

TUESDAY

Chicken Schnitzel

Vegetable Stir Fry

Baby Potatoes
Salad
Beans

Cajun Chicken

BBQ Chicken Baguette

Fruit Crumble
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Pancakes
Crackers & Cheese

WEDNESDAY

Corned Beef Pie

Mac & Cheese Bake

Roast Potatoes with
Herb Butter
Farmhouse Vegetables
Baby Carrots
Gravy
Salad

Cheese & Ham

Fajita Salad Wrap

Cornflake Tart &
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Flapjack
Crackers & Cheese

THURSDAY

Chinese Chicken
Curry

Pepper Pasta Bake

Potato Spirals
Sweetcorn
Naan Bread
Salad

Cajun Chicken

Salt & Pepper
Chicken Baguette

Chocolate Sprinkle
Cake & Chocolate
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Crispy Cake
Crackers & Cheese

FRIDAY

Fish
Fish Cake

Quorn Sausages

Chips
Beans
Curry Sauce
Gravy
Salad

Cheese & Ham

Southern Fried
Chicken Steak

Friday Bake Off
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Traybake
Crackers & Cheese

WEEK THREE

WASHINGTON ACADEMY



MONDAY

MAIN MEAL

BBQ Hunters
Chicken

VEGETARIAN

Sweet & Sour Quorn

SIDES

Rice
Potato Cubes
Salad
Coleslaw

PANINI OF THE DAY

Cheese & Ham

SNACK

Sausage Baguette

DESSERT

Apple Pie & Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Doughnut
Crackers & Cheese

TUESDAY

Pasta Bolognese
Bake

Carbonara

Potato Wedges
Pasta
Beans
Sweetcorn
Salad
Garlic Bread

Cajun Chicken

Shredded Chicken Wrap

Chocolate Sprinkle
Cake & Chocolate
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Pancakes
Crackers & Cheese

WEDNESDAY

Chicken Pie

Pepper Pasta Bake

Mashed Potato
Garlic Roast Potatoes
Sweetcorn & Carrots
Gravy
Salad
Garlic Bread (£0.22)

Cheese & Ham

Salt & Pepper Chicken
Baguette

Rhubarb Crumble &
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Crispy Cake
Crackers & Cheese

THURSDAY

Chicken Jalfrazi

Veggie Meatball
Pasta

Waffle Fries
Rice
Naan Bread
Peas
Salad

Cajun Chicken

Mince Burrito Wrap

Vanilla Sponge &
Custard
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Traybake
Crackers & Cheese

FRIDAY

Fish Fillet
Fish Burger

Quorn Dippers

Chips
Beans
Curry Sauce
Gravy
Salad

Cheese & Ham

Chicken Groujons

Friday Bake Off
Fresh Fruit
Yoghurt
Fruit Pot
Cookie or Pancakes
Crackers & Cheese