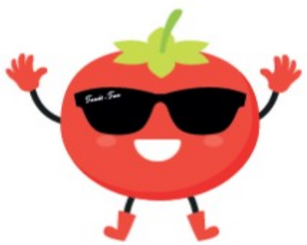
MIDDLESBROUGH SCHOOL MEALS

EAT SMART FOR A HEALTHY START!

WEEK 4 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken curry and rice	Minced beef and herby dumplings	Spaghetti bolognaise	Roast beef and York-shire puddings	Fish fingers
Option 2	Sausage casserole (v)	Pizza (v)	Cheese pasty (v)	Pasta in tomato sauce (v)	Chilli and rice (v)
Sides	Selection of seasonal Vegetables Variety of potato	Selection of seasonal Vegetables Variety of potato	Selection of seasonal Vegetables Variety of potato	Selection of seasonal Vegetables Variety of potato	Selection of seasonal Vegetables Variety of potato
Dessert	Chocolate and beetroot brownie	Steamed sponge and custard	Cornflake tart and custard	Homemade biscuit	Fruit crumble and custard Ice-cream

ALSO AVAILABLE DAILY:



*** Jacket potato with a choice of cheese, tuna mayo or simply plain**

- **Fresh Salad**
- **Sandwiches or Wraps**
- **Cheese & Crackers**
- **Fresh Fruit**
- **Sliced Bread**
- **Fruit jelly**

All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.