

Marine Academy Primary

Lunch Menus



the
university
school

Week Starting the Monday 21st April 2025

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|--|------------------------------------|
| Main | Macaroni Cheese, garlic bread & a side of vegetables (dairy & gluten free available) | Mild Chicken Curry, rice, naan bread & a side of vegetables (gluten & dairy free available) | Roast Chicken dinner (dairy, gluten & egg free available) | Fajita Chicken Pasta Bake, garlic bread & a side of vegetables (gluten & dairy free available) | Pork Sausage Roll, chips & peas |
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| Vegetarian | Tomato & Basil Pasta, garlic bread & a side of vegetables (dairy & gluten free available) | Sweet Potato & Chickpea Curry, rice, naan bread & a side of vegetables | Quorn Roast dinner | Three Cheese Pizza, spiced wedges & sweetcorn (gluten & dairy free available) | Vegan Sausage Roll, chips & peas |
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| Jacket Potato | Jacket Potato with cheese, beans or tuna mayonnaise (2 toppings per serving) | | | | |
| Sandwich | Sandwiches with a range of fillings | | | | |
| Dessert | Yoghurt | American Pancake & Sauce | Choc Chip Muffins | Fruit Cocktail | Banana Cake (dairy Free available) |
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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|---------------------------------------|--|---|
| Main | Tomato & Mozzarella Pasta, garlic bread & a side of vegetables (gluten & dairy free available) | Homemade Beef Lasagne, garlic bread & a side of vegetables | Cottage Pie, & mixed vegetables | Pepperoni Pizza, spiced wedges & sweetcorn (gluten & dairy free available) | Chip Shop Chicken Curry & rice & a side of vegetables (gluten free available) |
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| Vegetarian | Quorn Sweet & Sour with rice | Vegetarian Lasagne, garlic bread & a side of vegetables | Veggie Cottage Pie & mixed vegetables | Vegetarian Taco Mexican spiced rice & beans (egg & gluten free available) | Veggie Chip Shop Curry, rice & a side of vegetables (gluten free available) |
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| Jacket Potato | Jacket Potato with cheese, beans or tuna mayonnaise (2 toppings per serving) | | | | |
| Sandwich | Sandwiches with a range of fillings | | | | |
| Dessert | Ice Cream Pot | Belgium Waffle & Syrup | Strawberry Jelly & Cream | Blueberry Muffin | Chocolate Chip Shortbread |
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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday | Week 4 | | Tuesday | Wednesday | Thursday | Friday | |
|---------------|--|---|---|---|--|---------------|--|---|--|---|--|--------------------------------------|
| Main | Macaroni Cheese, garlic bread & a side of vegetables (dairy & gluten free available) | Pasta Bolognese, garlic bread (gluten & dairy free available) | Roast Turkey, dinner (egg, dairy & gluten free available) | Sweet & Sour Chicken with rice | Fishfingers, chips & peas (gluten & dairy free available) | Main | | Creamy Tomato Pasta Bake, garlic bread & a side of vegetables (gluten free available) | Pork Meatballs in tomato sauce, Pasta & a side of vegetables | Chicken& Gravy Pie, roast potatoes & mixed vegetables (gluten free available) | Chicken & Sweetcorn Pizza, Spiced wedges & sweetcorn (dairy & gluten free available) | Burger in a bap, fries & peas |
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| Vegetarian | Vegetable Spring Rolls spiced rice & vegetables | Vegetarian Pasta Bolognese (egg free available) | Veggie Wellington, Roast potatoes & mixed vegetables | Mixed Pepper Pizza, herb diced potatoes & sweetcorn (gluten & dairy free available) | Vegetable Loaded Fries topped with cheese (dairy free available) | Vegetarian | | Vegetable Samosa, sweet chilli sauce & egg fried rice | Veggie Meatballs in tomato sauce, pasta & a side of vegetables (gluten free available) | Homemade Cheese & Onion Quiche, roast potatoes & a side of vegetables | Quorn Fajita Wrap, Mexican spiced rice & beans | Veggie Burger in a bap, fries & peas |
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| Sandwich | Sandwiches with a range of fillings | | | | | Sandwich | Sandwiches with a range of fillings | | | | | |
| Dessert | Yoghurt | Chocolate & Vanilla Biscuit | Fruit Cocktail | Chocolate Brownie | Fruit Ice Lolly | Dessert | | American Pancakes | Yoghurt | Carrot Cake | Raspberry Ripple Mousse | Crispy Rice and Raisin Cake |
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The menu is subject to change according to availability.

All of the food on our menus is homemade and freshly made every day. Please find the allergens key below:

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|-----------|---------|
| Dairy | Gluten |
| Sulphites | Celery |
| Soya | Egg |
| Fish | Mustard |