

# Marine Academy Primary

## Lunch Menus





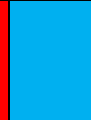
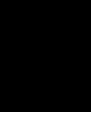

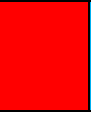






the  
university  
school

**Week Starting the Monday 21<sup>st</sup> 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
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
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)

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)
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, chips & a side of vegetables (gluten free available)
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

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
											
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
											
Jacket Potato	Jacket Potato with cheese, beans or tuna mayonnaise (2 toppings per serving)					Jacket Potato	Jacket Potato with cheese, beans or tuna mayonnaise (2 toppings per serving)				
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
											

*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:*

Dairy	Gluten
Sulphites	Celery
Soya	Egg
Fish	Mustard