

Marine Academy Primary Lunch Menus



Week beginning 10th November 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese, garlic bread and a side of vegetables (gluten Free available)	Mild beef chilli, white rice and a side of vegetables	Chicken and mushroom pie, new potatoes and vegetables	Chicken quesadilla, herb diced potatoes and a side of vegetables (dairy free available)	Fishcake, fries and peas (gluten free available)
Vegetarian	Herby garlic and tomato pasta bake, mixed vegetables and garlic bread (gluten free available)	Mixed bean chilli, white rice and a side of vegetables	Vegetable fingers, new potatoes and a side of vegetables	Three cheese pizza herb diced potatoes and a side of vegetables (dairy and gluten free available)	Veggie loaded fries topped with cheese (dairy free available)
Jacket Potato	Jacket potato with cheese, beans, tuna or cheese and beans				
Sandwich	Sandwiches with a range of fillings				
Dessert	Vanilla ice cream pot or a piece of fruit	Fruit cocktail or a piece of fruit	Home made scone or piece of fruit	Creamy rice pudding	Choc chip cookie or a piece of fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tomato and basil pasta bake, garlic bread and a side of vegetables (dairy and gluten free available)	Pork meatballs in tomato sauce, fusilli pasta and a side of vegetables	Roast gammon, potatoes, vegetables and gravy	BBQ chicken pizza, spiced wedges and a side of vegetables (dairy and gluten free available)	Chicken tikka Masala, basmati rice and naan bread
Vegetarian	Quorn Bolognese, spaghetti, garlic bread and a side of vegetables	Vegan meatballs in tomato sauce, fusilli pasta and a side of vegetables	Home made veggie wellington, potatoes and vegetables	Veggie burrito and side salad (dairy free Available)	Sweet chilli vegetable stir fry with egg noodles
Jacket Potato	Jacket potato with cheese, beans, tuna or cheese and beans				
Sandwich	Sandwiches with a range of fillings				
Dessert	Yogurt or a piece of fruit	Belgium waffle and syrup or a piece of fruit	Strawberry jelly or a piece of fruit	Lemon sponge cake or a piece of fruit	Chocolate brownie

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese, garlic bread and a side of vegetables (gluten free available)	Chicken curry, white rice, naan bread and a side of vegetables (gluten free available)	Pork sausage, creamy mash potato, vegetables and gravy (allergen free available)	Peperoni pizza, spiced wedges and a side of vegetables (dairy and gluten free available)	Breaded white fish fillet, chips and peas
Vegetarian	Mediterranean vegetable pasta bake, garlic bread and a side of vegetables (gluten and dairy free available)	Mixed bean burrito side salad	Veggie sausage, creamy mash potato, vegetables and gravy (dairy free available)	Creamy mushroom pasta bake, garlic bread and a side of vegetables (gluten free available)	Falafel wrap with mayonnaise, lettuce, and a side of spiced vegetable rice.
Jacket Potato	Jacket potato with cheese, beans, tuna or cheese and beans				
Sandwich	Sandwiches with a range of fillings				
Dessert	Chocolate mouse or a piece of fruit	Banana bread or a piece of fruit	Fruit cocktail or a piece of fruit	Raisin flap jack or a piece of fruit	Custard biscuit or a piece of fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tomato and mascarpone pasta bake, garlic bread and a side of vegetables	Pasta Bolognese, garlic bread and a side of vegetables (gluten free available)	Roast chicken dinner (gluten, dairy and egg free available)	Chicken fajita pasta bake with garlic bread (dairy free available)	Pork sausage roll, fries and peas
Vegetarian	Mushroom Stroganoff, white fluffy rice and a side of vegetables	Veggie Bolognese, fusilli pasta, garlic bread and a side of vegetables (gluten free available)	Broccoli and cheese quiche, roast potatoes and a side of vegetables	Three cheese pizza, spiced wedges and a side of vegetables (gluten and dairy free available)	Vegan sausage roll, fries and peas
Jacket Potato	Jacket potato with cheese, beans, tuna or cheese and beans				
Sandwich	Sandwiches with a range of fillings				
Dessert	American pancake and syrup or a piece of fruit	Raspberry jelly or a piece of fruit	Yogurt or piece of fruit	School iced cake or a piece of fruit	Cornflake biscuit or a piece of fruit

Please find the allergens key to the left.
Menu and allergens subject to change according to availability.