

Marine Academy Primary

Lunch Menus

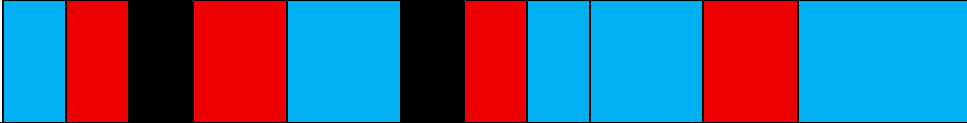
Autumn 2026



the
university
school

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese and onion pasty, potato wedges & side salad	Bacon carbonara, pasta, vegetables & a slice of garlic bread (gluten free available)	Roast chicken breast, potatoes, vegetables, Yorkshire pudding & gravy (allergen free available)	Mexican chicken burrito, seasoned wedges & sweetcorn	Beef burger, fries & side salad (soya & gluten free available)
Vegetarian	Cheesy loaded potato skins with a side salad (dairy free available)	Quorn carbonara, pasta side of vegetables & a slice of garlic bread	Quorn steak, roast potatoes, vegetables, Yorkshire pudding & gravy (dairy & egg free available)	Three cheese deep pan pizza slice, seasoned wedges & sweetcorn (gluten & dairy free available)	Veggie burger, fries and side salad
Jacket Potato	Jacket potato with cheese, beans or tuna mayonnaise (two toppings per serving) served with side salad				
Sandwich	Sandwiches with a range of fillings served with a side of crisps				
Dessert	Ice lolly or a piece of fruit	Belgian waffle & raspberry sauce or a piece of fruit	Raspberry & white chocolate sponge cake or a piece of fruit	Strawberry ice cream pot or a piece of fruit	

		Tuesday	Wednesday	Thursday	Friday
Main	Vegan sausage pasta bake, garlic bread & mixed veg (dairy free available)	Chicken fajitas and mixed vegetable rice	Roast gammon, roast potatoes, vegetables & gravy	Deep pan pepperoni pizza slice, herby diced potatoes & peas (gluten & dairy free available)	Crispy chicken goujons, fries & Sweetcorn
Vegetarian	Veggie topped loaded wedges & homemade coleslaw	Roasted vegetable frittata, seasoned rice & side salad	Cheese & tomato Tart, roast potatoes & vegetables	Sweet potato & chickpea curry, basmati rice & naan bread	Quorn nuggets, fries & sweetcorn
Jacket Potato	Jacket potato with cheese, beans or tuna mayonnaise (two toppings per serving) served with side salad				
Sandwich	Sandwiches with a range of fillings served with a side of crisps				
Dessert	Strawberry & vanilla mousse or a piece of fruit	Banana bread or a piece of fruit	Chocolate orange muffin or a piece of fruit	Honeydew melon boat	Lemon shortbread biscuit or a piece of fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & tomato quiche, baby potatoes & broccoli	Beef lasagne, garlic bread & a side of vegetables (gluten & dairy free available)	Roast turkey, potatoes, vegetables, Yorkshire pudding & gravy (allergen free available)	Chicken & sweetcorn deep pan pizza slice, seasoned wedges & mixed vegetables (dairy & gluten free)	Pork Sausage roll, fries & peas
					
Vegetarian	Tomato & basil pasta bake, side of vegetables & a piece of garlic bread (gluten & dairy free available)	Creamy macaroni cheese, a side of veg & a slice of garlic bread (gluten free available)	Vegetable wellington, roast potatoes & vegetables	Quorn sweet & sour, rice & a side of vegetables	Vegan sausage roll, fries & peas
					
Jacket Potato	Jacket potato with cheese, beans or tuna mayonnaise (two toppings per serving) served with side salad				
Sandwich	Sandwiches with a range of fillings served with a side of crisps				
Dessert	American pancake & chocolate sauce or a piece of fruit	Lemon & blueberry muffin or a piece of fruit	Selection of fruit yogurts or a piece of fruit	Peach melba jelly or a piece of fruit	Carrot cake or a piece of fruit
					

Dairy	Gluten
Sulphates	Celery
Soya	Egg
Fish	Mustard