

Marine Academy Secondary Lunch Menu autumn 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese & Garlic Bread <i>Gluten, Dairy</i>	Mild Beef Chilli, Nachos & Rice	Chicken & mushroom pie, new potatoes & Vegetables <i>Dairy, Gluten, Egg</i>	Sweet & sour chicken & rice <i>Gluten, Dairy</i>	Fishcake & chips <i>Gluten, Dairy, fish & Soya</i>
Vegetarian	Herby garlic & tomato Pasta Bake <i>Gluten, Dairy</i>	Mixed bean chilli, nachos & rice	Vegetable finger, new potatoes & veg <i>Dairy, Gluten, Egg</i>	Three Cheese Pizza & Wedges <i>Gluten, Dairy</i>	Veggie loaded fries, topped with cheese <i>Dairy</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>
	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
Grab & Go	Jumbo Hot Dog <i>Gluten, Sulphites</i>	Sweet Chilli Baguette <i>Gluten</i>	Chicken Bacon & mayo Baguette <i>Gluten, Egg</i>	Pizza Ciabatta <i>Gluten, Dairy</i>	Ham & Cheese Baguette <i>Gluten, Dairy</i>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tomato & basil Pasta Bake <i>Gluten, Dairy</i>	Pork meatballs in tomato sauce, penne pasta & a side of veg <i>Gluten</i>	Roast Gammon dinner	BBQ chicken pizza, spiced wedges & a side of vegetables <i>Gluten, Dairy</i>	Chicken Tikka Masala, Basmati rice & naan bread <i>Gluten & Dairy</i>
	Vegetarian Quorn Bolognese, spaghetti, Garlic bread & a side of vegetables <i>Gluten, soya, & Dairy</i>	Vegan meatballs in tomato sauce, penne pasta & side of vegetables <i>Gluten, Dairy</i>	Homemade veggie wellington potatoes & vegetables <i>Gluten</i>	Veggie burrito & a side of salad <i>Gluten, Dairy</i>	Sweet chilli vegetable stir fry with egg noodles <i>Gluten, Egg</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>
	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
	Peperoni pizza panini <i>Gluten, dairy</i>	Cheese & Ham Baguette <i>Gluten, Dairy</i>	Bacon Baguette <i>Gluten</i>	Chicken Bacon & Mayo Baguette <i>Gluten, Egg</i>	Jumbo hot dog <i>Gluten, Sulphites</i>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	BBQ Chicken Pasta Bake & garlic bread <i>Gluten, Dairy</i>	Chicken curry, rice & naan bread <i>Gluten</i>	Pork sausage, mash potatoes, veg and gravy <i>Gluten, Dairy & sulphites</i>	Pepperoni pizza & spiced wedges <i>Dairy & gluten</i>	Jumbo sausage & chips <i>Gluten, Sya</i>
Vegetarian	Mediterranean vegetable pasta bake <i>Gluten, Dairy, egg Soya celery</i>	Mixed bean burrito with a side salad <i>Gluten</i>	Veggie sausage, mash potatoes, veg & gravy <i>Gluten</i>	Creamy mushroom pasta bake with garlic bread <i>Gluten, Dairy</i>	Falafel wrap with mayonnaise & lettuce and a side of spiced rice <i>Egg & gluten</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>
Grab & Go	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
	Bacon Baguette <i>Gluten</i>	Ham & Cheese Baguette <i>Gluten, Dairy</i>	Turkey, Stuffing & Mayo Baguette <i>Gluten, Dairy</i>	Chicken pizza panini <i>Gluten, Dairy</i>	Jumbo hotdog <i>Gluten, Dairy</i>

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pepperoni pasta bake & garlic bread <i>Gluten, Dairy</i>	Pasta Bolognese and garlic bread <i>Gluten, Dairy</i>	Roast chicken dinner <i>Gluten, dairy & egg</i>	Chicken fajita pasta bake & garlic bread <i>Gluten, Dairy</i>	Pork sausage roll & fries <i>Gluten, Soya</i>
Vegetarian	Mushroom stroganoff & white rice <i>Gluten, Egg, Dairy</i>	Veggie Bolognese & garlic bread <i>Gluten, Dairy</i>	Broccoli & cheese quiche, Roast potatoes & veg <i>Gluten, Dairy & Egg</i>	Three cheese pizza & spiced wedges <i>Gluten</i>	Vegan sausage roll & fries <i>Gluten</i>
Jacket Potatoes	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>	Jacket potato with a choice of filling – Cheese Tuna, baked beans <i>Dairy, Fish, Egg</i>
Grab & Go	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>	Ham or Cheese Sandwich <i>Gluten, Dairy, Sulphites</i>
	Cheese pizza panini <i>Gluten, Dairy</i>	Sweet Chilli Chicken Baguette <i>Gluten</i>	Jumbo hot dog <i>Gluten, Soya</i>	Ham & Cheese Baguette <i>Gluten, Dairy</i>	Large chicken burrito <i>Gluten, Dairy,</i>

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