

Marine Academy Secondary Lunch menu spring 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chicken & chorizo pasta bake, garlic bread & a side of vegetables or salad</p> <p><i>Dairy & gluten</i></p>	<p>Bacon carbonara, pasta, slice of garlic bread, side salad or vegetables</p> <p><i>Dairy & Gluten</i></p>	<p>Roast chicken breast, roast potatoes, vegetables, Yorkshire pudding & gravy</p> <p><i>Dairy, gluten & Egg</i></p>	<p>Mexican Chicken burrito, seasoned wedges, side of veg or side salad</p> <p><i>Gluten & Dairy</i></p>	<p>Beef burger in a bun, fries with a side of vegetables or salad</p> <p><i>Soya, sulphites & gluten</i></p>
Vegetarian	<p>Veggie loaded wedges topped with cheese, side salad or vegetables</p> <p><i>Dairy</i></p>	<p>Quorn Carbonara, pasta, slice of garlic bread, side salad or vegetables</p> <p><i>Dairy & Gluten</i></p>	<p>Quorn steak, roast potatoes, vegetables, Yorkshire pudding & gravy</p> <p><i>Dairy, gluten & egg</i></p>	<p>Three Cheese Deep pan pizza slice, seasoned wedges a side of vegetables or side salad</p> <p><i>Dairy & Gluten</i></p>	<p>Spicy bean burger in a bun, fries and a side of vegetables or salad</p> <p><i>Gluten</i></p>
Jacket Potatoes	<p>Jacket potato with a choice of filling – Cheese Tuna, baked beans</p> <p><i>Dairy, Fish, Egg</i></p> <p>Ham or Cheese Sandwich</p> <p><i>Gluten, Dairy, Sulphites</i></p>	<p>Jacket potato with a choice of filling – Cheese Tuna, baked beans</p> <p><i>Dairy, Fish, Egg</i></p> <p>Ham or Cheese Sandwich</p> <p><i>Gluten, Dairy, Sulphites</i></p>	<p>Jacket potato with a choice of filling – Cheese Tuna, baked beans</p> <p><i>Dairy, Fish, Egg</i></p> <p>Ham or Cheese Sandwich</p> <p><i>Gluten, Dairy, Sulphites</i></p>	<p>Jacket potato with a choice of filling – Cheese Tuna, baked beans</p> <p><i>Dairy, Fish, Egg</i></p> <p>Ham or Cheese Sandwich</p> <p><i>Gluten, Dairy, Sulphites</i></p>	<p>Jacket potato with a choice of filling – Cheese Tuna, baked beans</p> <p><i>Dairy, Fish, Egg</i></p> <p>Ham or Cheese Sandwich</p> <p><i>Gluten, Dairy, Sulphites</i></p>
Grab & Go	<p>Jumbo Hot Dog</p> <p><i>Gluten, Sulphites</i></p>	<p>Sweet Chilli chicken Baguette</p> <p><i>Gluten</i></p>	<p>Chicken Bacon & mayo Baguette</p> <p><i>Gluten, Egg</i></p>	<p>Doorstep cheese & ham toastie</p> <p><i>Gluten, Dairy</i></p>	<p>Jumbo chicken burrito</p> <p><i>Gluten, Dairy</i></p>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chinese Chicken curry, Basmati rice Naan bread with a side of veg or Salad <i>Gluten</i>	Meatballs in tomato sauce, Pasta, Garlic bread, side of veg or side salad <i>Gluten & Dairy</i>	Roast Gammon, roast potatoes, vegetables & gravy	Deep pan peperoni pizza slice, herby diced potatoes, side of vegetables or side salad <i>Dairy & Gluten</i>	Fried chicken & chips, side of veg or side salad <i>Gluten</i>
Vegetarian	Quorn chinese curry, rice, naan bread, side salad or vegetables <i>Egg & dairy</i>	Roasted Vegetable Frittata, seasoned rice & side salad <i>Egg & dairy</i>	Cheese & Tomato Tart, Roast potatoes & vegetables <i>Egg, gluten & dairy</i>	Sweet potato & chickpea Curry, basmati rice & naan bread <i>Gluten</i>	Quorn Nuggets & chips, side of veg or side salad <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>
	Peperoni pizza panini <i>Gluten, dairy</i>	Cheese & Ham Baguette <i>Gluten, Dairy</i>	Doorstop toasted BBQ chicken Melt Sandwich <i>Gluten</i>	Chicken Bacon & Mayo Baguette <i>Gluten, Egg</i>	Breakfast wrap <i>Gluten, Sulphites</i>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken tikka masala, rice Naan bread & a side of vegetables or salad <i>Dairy & Gluten</i>	Beef Lasagne, Wedges, & side salad or vegetables <i>Gluten & Dairy</i>	Roast Turkey, Potatoes Vegetables, Yorkshire pudding & Gravy <i>Dairy, Gluten & Egg</i>	Chicken & sweetcorn deep pan pizza <i>Dairy & Gluten</i>	Sausage roll & chips with a side of veg or Salad <i>Gluten & soya</i>
	Vegetarian Veggie lasagne, wedges & garlic bread with a side of salad or vegetable <i>Gluten & Dairy</i>	Macaroni Cheese, garlic bread & a side of vegetables or salad <i>Gluten & dairy</i>	Vegetable Wellington, Roast Potatoes & Vegetables <i>Gluten</i>	Quorn Sweet & sour, Rice & a side of vegetables or Salad <i>Gluten</i>	Vegan sausage roll & chips with a side of veg or Salad <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>
	Bacon Baguette <i>Gluten</i>	Ham & Cheese Baguette <i>Gluten, Dairy</i>	Cheese Pizza panini <i>Gluten, Dairy</i>	Jumbo chicken Fajita wrap <i>Gluten, Dairy</i>	Jumbo hotdog <i>Gluten, Dairy</i>