

SOUTHFIELDS ACADEMY MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat & Fish 	Spaghetti Bolognese	Chicken Tikka with Rice	Shepherd's Pie	Vegetarian Sausages and Mashed Potato	Fish and Chips
Vegetarian 	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)
Lighter Option 	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)
Sandwiches 	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)

SOUTHFIELDS ACADEMY MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat & Fish 	Chilli Con Carne with Rice	Chicken Fajitas with Rice	Red Lentil & Beef Bolognese	Beef Lasagne	Cod Goujons and Chips
Vegetarian 	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)
Lighter Option 	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)
Sandwiches 	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)

SOUTHFIELDS ACADEMY MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat & Fish 	Thai Vegetable Curry	Roast Chicken, Potatoes and Vegetables	Beef Pie and Vegetables	Sticky Chicken with Rice	Chicken Goujons and Chips
Vegetarian 	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)	Chef's choice of fresh pasta (e.g. fresh tomato and basil, arrabiata)
Lighter Option 	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)	Jacket Potato with fresh fillings (e.g. tuna, baked beans, cheese)
Sandwiches 	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)	Sandwiches (e.g. cheese salad, chicken, tuna mayonnaise)