

LWS ACADEMY TRUST MENU October 2016 – April 2017

WEEK ONE

DISH OF THE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION				
Baked pork sausage, Mash potatoes, vegetables and gravy	Mild beef madras and rice	Chicken roast with mini sausage and gravy, roast potatoes and vegetables	Beef bolognaise pasta, green beans and salad	Baked fish, chipped potatoes & baked beans
BLUE OPTION				
Chicken and onion gravy, mashed potatoes and vegetables	Cheeseburger with baked chips	Ham pizza, potato waffles and baked beans	Crispy bacon and cheese sub	Baked jacket potato with cheese and baked beans and salad .
DESSERT				
Fruity pots	Oatie cookie	Flapjack	Melting moment	Chocolate sponge

Fresh fruit and additional bread will be available daily.