

Iceni Academy- Summer Menu 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Homemade Mild Chicken Korma served with a Cucumber Raita Or Homemade Sweet Potato & Lentil Curry (V) *** Naan Bread Basmati Rice & Salad Bar Or Jacket Potato with Cheese *** Tutti Fruity Flapjacks	Oven Baked Fillet of Fish in a Crispy Bubble Coating (GF) Or Homemade Summer Vegetable Swirl *** Crushed New Potatoes, Baked Beans, Garden Peas & Salad Bar Or Jacket Potato with Baked Beans *** Fruit Jelly	Local Butcher's Roast Gammon with Yorkshire Pudding & Gravy Or Quorn Sausage Frittata (V) *** Roast Potatoes, Fresh Carrots & Whole Green Beans *** Chocolate Artichokes	Hearty Slice of Homemade Cheese and Tomato (V) Or Pepperoni Pizza *** School's Favourite Pasta, Homemade Coleslaw & Salad Bar Or Jacket Potato With Chicken & Sweetcorn in Mayonnaise *** Frozen Yoghurt Pot	Oven Baked Chicken Breast Chunks in Crispy Batter Or Quorn Dippers *** Chips, Sweetcorn/Peas & Salad Bar *** Homemade Fairy Cakes
Week 2	Homemade Spaghetti Bolognese Or Quorn Bolognese (V) *** Spaghetti, Garlic Bread & Salad Bar Or Jacket Potato with Cheese *** 100% Fruit Lolly	Wicks Manor Farm Local Pork and Apple Burger Or Homemade Cheese & Leek Fritter (V) *** Served in a Brioche Bun with Shredded Lettuce and Tomato Slices & Salad Bar Or Jacket Potato with Tuna & Sweetcorn *** Homemade Hummingbird Cake	Roast Chicken with Yorkshire Pudding & Gravy Or Roasted Quorn Fillet *** Served with Yorkshire Pudding, Dry Roast Potatoes, Broccoli, & Cauliflower Florets & Garden Peas *** Ice Cream & Fruit Sauce	All Day Breakfast (sausage, bacon, scrambled egg) Or Vegetarian breakfast (2 x Vegetarian Sausages and Scrambled egg) *** Hash Brown, Baked Beans, Button Mushrooms & Baked Tomato Or Jacket Potato with Baked Beans *** Scotch Pancakes with Sliced Banana and Maple Syrup	Oven Baked Young's Omega 3 Fish Fingers Or Omelette (V) *** Chips, Garden Peas, Sweetcorn & Salad bar *** Angel Delight
Week 3	Homemade Tuna Pasta Bake Or Homemade Macaroni Cheese (V) *** Garlic Bread & Salad bar Or Jacket Potato with Cheese *** Fruit Jubbly	Turkey Escalope coated in a Lemon and Herb Crumb Or Quorn Escalope with Lemon and Herb Crumb (V) *** Herby Dices Potatoes Homemade Coleslaw & Salad Bar Or Jacket Potato with Tuna & Sweetcorn *** Cheese, Biscuits & Apple Wedges	Local Butcher's Roast Beef with Yorkshire Pudding & Gravy Or Golden Vegetable Loaf (V) *** Roast Potatoes, Freshly Sliced Carrots & Whole Green Beans *** Frozen Yoghurt Pots	Chicken with Oriental Noodles Or Quorn with Oriental Noodles(V) *** Salad bar Or Jacket Potato with Baked Beans *** Homemade Marble Sponge Cake	Local Butchers Sausages Or Linda McCartney Sausages (V) *** Chips, Baked Beans, Peas & Salad Bar *** Fruit Smoothie

There will be Fresh Fruit and Muller Yoghurt's available to the children every day.