

THE FLITCH GREEN ACADEMY

SPRING/SUMMER 2025

WEEK 1

17/03, 21/04, 12/05, 09/06, 30/06, 21/07

Option 1

Beef Burger with Potato Wedges

Tuesday.

Cheesy Tuna Pasta

Wednesday.

Roast Pork with Roast Potatoes and Gravy

Thursday.

Beef Chilli with Rice

Friday.

Fish Fingers with Chips

Option 2 v Vegetarian

Quorn Burger with Potato Wedges v

Tomato and Basil Pasta (Ve) v

Roast Quorn with Roast Potatoes and Gravy v

Veggie Stir Fry with Rice (Ve) v

Quorn Sausage with Chips (Ve) v

Option 3

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Vegetables

Sweetcorn Baked Beans

Peas Sweetcorn

Green Beans Carrots

Sweetcorn Broccoli

Baked Beans Peas

Dessert

Chocolate Oaty Bake (Ve)

Apple Whirl (Ve)

Rice Krispie Cake (Ve)

Banana Cake and Custard

Fruity Cookie (Ve)

WEEK 2

24/03, 28/04, 19/05, 16/06, 07/07

Option 1

Pork Sausage in a Roll with Potato Wedges

Tuesday.

Beef Bolognese with Pasta

Wednesday.

Roast Chicken with Roast Potatoes and Gravy

Thursday.

Chicken Curry with Rice and Naan

Friday.

Fish Fingers with Chips

Option 2 v Vegetarian

Quorn Sausage in a Roll with Potato Wedges (Ve) v

Macaroni Cheese v

Cheese Pasty with Roast Potatoes v

Vegetable Curry with Rice and Naan v

Vegetable Nuggets with Chips (Ve) v

Option 3

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Vegetables

Carrots Peas

Sweetcorn Cauliflower

Steamed Cabbage Carrots

Carrots Green Beans

Baked Beans Peas

Dessert

Chocolate Brownie

Jelly with Fruit (Ve)

Strawberry Mousse

Hob Nob with Apple Slices (Ve)

Iced Sponge

WEEK 3

31/03, 05/05, 02/06, 23/06, 14/07

Option 1

Veggie Pizza with Potato Wedges

Tuesday.

Chicken Puff Pie with Mashed Potatoes

Wednesday.

Roast Gammon with Roast Potatoes and Gravy

Thursday.

Beef Meatballs in Tomato Sauce with Rice

Friday.

Fish Fingers or Salmon Fingers with Chips

Option 2 v Vegetarian

Cheese and Tomato Pizza with Potato Wedges v

Macaroni Cheese v

Vegan Sausage Roll with Roast Potatoes (Ve) v

Falafel with Rice and Mango Chutney (Ve) v

Vegetable Nuggets with Chips (Ve) v

Option 3

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Cheese or Baked Bean Jacket Potato

Vegetables

Sweetcorn Carrots

Carrots Peas

Broccoli Sweetcorn

Carrots Green Beans

Baked Beans Peas

Dessert

Chocolate Cake with Mandarins

Shortbread (Ve)

Fruit Crumble (Ve) and Custard

Flapjack (Ve)

Ice Cream

radish
IT'S ALL GOOD

FRESH FRUIT AND YOGHURT AVAILABLE DAILY

WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU SUPPORTS:

