

# The Discovery Academy

<b>WEEK 1 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Mince beef and onion pie Vegetable balti Chicken burger	Sweet and sour chicken with rice Shepherd's pie Macaroni cheese	Roast beef and Yorkshire pudding Salmon fillet with lemon Cheese and onion flan	Spicy chicken with vegetables Beef hot pot Vegetable bolognese	Lamb balti with rice Oven baked fish Cheese and potato bake
Chipped potato Mashed potato Bread	Potato wedges Mashed potato Bread	New potatoes Mashed potato	Potato wedges Mashed potato Bread	Chipped potato Mashed potato Bread
Garden peas Sunshine rice Baked beans Mixed salad	Green beans Cauliflower Baked beans Mixed salad	Broccoli Carrot and swede Baked beans Mixed salad	Mixed vegetables Baton carrots Baked beans Mixed salad	Mushy peas Sweetcorn Baked beans
Melted moments	Chocolate drizzled flapjack	Bread and butter pudding	Fruit cobbler	Rice pudding with fruit filling
<b>WEEK 2 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Chunky steak casserole pie Oven baked breaded haddock served with lemon and parsley Vegetable lasagne	Chicken BBQ style Macaroni and pesto style bake Cornish pasty	Roast pork and seasoning Creamy salmon and vegetable bake Spicy vegetable fajita	Chicken tikka masala served with 50/50 rice Cheese onion and potato bake Vegetable chilli with rice	Oven baked sausage Vegetarian sausage Onion gravy available Cottage pie Vegetable balti with rice
Chipped potato Mashed potato Bread	Jacket wedges Mashed potato Bread	New potatoes Mashed potato Bread	Potato wedges Mashed potato Bread	Chipped potato Mashed potato Bread
Garden peas Julienne of carrots Baked beans Mixed salad	Boiled rice Sweetcorn Baked beans Mixed salad	Broccoli florets Roast parsnips Baked beans Mixed salad	Mixed vegetables Boiled rice Baked beans Mixed salad	Mushy peas Green beans Baked beans
Fruit crumble	Eve's Pudding	Arctic roll with fruit	Chocolate & orange sponge	Rice pudding
<b>WEEK 3 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Beef lasagne Beef burger and onions (buns available on request) or Quorn burger Cheese whirl puffs	Braised beef in onion gravy Cauliflower and broccoli bake Chilli con carne	Roast turkey and seasoning Vegetable bolognese Fillet of cod with cheese sauce	Caribbean style chicken jerk Cheese and tomato bake Spicy vegetable arrabiata served with pasta spirals	Chicken tikka masala Tomato and herb pasta bake Ultimate fish cakes
Chipped potato Mashed potato Bread	Potato wedges Mashed potato Bread	New potato Mashed potato Spaghetti Bread	Potato wedges Mashed potato Bread	Chipped potato Mashed potato Bread
Garden peas Julienne of carrots Baked beans	Sunshine rice Broccoli Baked beans	Carrots and swede Cauliflower florets Baked beans	Sweetcorn Green beans Baked beans Mixed salad	Mushy peas Mixed vegetables Baked beans
Bakewell tart and custard	Chocolate sponge with chocolate sauce	Fruit crumble and custard	Fruit cheesecake	Rice pudding - fruit jam available