



Bowman Academy Lunch Menu



	Week 1				
	Mains				Pudding
Monday	Pepperoni Pizza with herby diced potatoes	Cheese and Tomato Pizza with herby diced potatoes	Jacket Potato with Cheese Baked beans Tuna	Sandwich Filling choices: Tuna Cheese Ham	Chocolate Krispie cake Jelly Yoghurt Fruit
Tuesday	Pasta and Meatballs with Garlic bread, Sweetcorn	Pasta and Vegetarian Meatballs with Garlic bread Sweetcorn	Jacket Potato with Meatballs Baked beans Tuna Cheese	Baguette Filling choices: Meatballs Cheese Ham Tuna	Syrup sponge with custard Jelly Yoghurt Fruit
Wednesd	Cajun chicken wrap with wedges and sweetcorn	Tomato and cheese pasta with wedges and sweetcorn	Jacket Potato with Cheese Baked beans Tuna	Pitta Filling choices: Cheese, Ham, Tuna	Flapjack Jelly Yoghurt Fruit
Thursday	Sausage and mash, peas, carrots and Yorkshire pudding	Quorn sausage and mash, peas, carrots and Yorkshire pudding	Jacket Potato with Cheese Baked beans Tuna	Wrap Filling choices: Cheese Ham Tuna	Chocolate chip shortbread Jelly Yoghurt Fruit
Friday	Chicken nuggets and chips, baked beans or salad	Vegetarian nuggets and chips, baked beans or salad	Jacket Potato with Cheese Tuna Baked beans	Sandwich Filling choices: Cheese Ham Tuna	Ice Cream Jelly Yoghurt Fruit



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	Week 2				
	Mains				Pudding
Monday	Cheeseburger with wedges and baked beans	Quorn burger with wedges and baked beans	Jacket Potato with Cheese Baked beans Tuna	Sandwich Filling choices: Cheese Ham Tuna	Cornflake tart with custard Jelly Fruit Yoghurt
Tuesday	Hunters chicken pasta with peas	Cheese and tomato pasta with peas	Jacket Potato with Cheese Baked beans Tuna	Tomato Soup Baguette Filling choices: Cheese Ham Tuna	Iced sponge Jelly Fruit Yoghurt
Wednesday	Cheesy ham pasta with garlic bread	Mac and cheese with garlic bread	Jacket Potato with Cheese Baked beans Tuna	Wrap Filling choices: Cheese Ham Tuna	Waffles and strawberry sauce Jelly Fruit Yoghurt
Thursday	Minced beef and vegetable pie, mashed potatoes, carrots, cabbage and gravy	Vegetarian sausage, mash potatoes, carrots, cabbage and gravy	Jacket Potato with Cheese Baked Beans Tuna	Sandwich Filling choices: Cheese Ham Tuna	Toffee whip Jelly Yoghurt Fruit
Friday	Fish fingers with Chips Baked beans Peas	Vegetarian Fingers with Chips Baked beans Peas	Jacket Potato with Cheese Tuna Baked Beans	Flatbread Filling choices: Cheese Ham	Chocolate biscuit Yoghurt Jelly Fruit



Bowman Academy Lunch Menu



	Week 3				
	Mains				Pudding
Monday	Cheese and ham pizza with spicy wedges and beans	Cheese and tomato pizza with spicy wedges and beans	Jacket Potato with Cheese Tuna Baked beans	Sandwich Filling choices: Tuna Ham Cheese	Golden Krispie cake Yoghurt Jelly Fruit
Tuesday	Beef lasagne with peas and garlic bread	Quorn lasagne with peas and garlic bread	Jacket Potato with Cheese Beans Tuna	Pitta Filling choices: Cheese Ham Tuna	Orange muffin Yoghurt Jelly Fruit
Wednesday	Roast chicken with roast potatoes, carrots, cabbage and gravy	Vegetarian sausage with roast potatoes, carrots, cabbage and gravy	Jacket Potato with Cheese Baked Beans Tuna	Baguette Filling choices: Cheese Tuna Ham	Flapjack Yoghurt Jelly Fruit
Thursday	Southern fried chicken and hash brown wrap with beans or salad	Quorn southern fried chicken and hash brown wrap with beans or salad	Jacket Potato with Cheese Baked beans Tuna	Flatbread Filling choices: Cheese Ham	Chocolate sponge with chocolate sauce Yoghurt Jelly Fruit
Friday	Hotdogs with beans or salad	Vegetarian hotdogs with beans or salad	Jacket Potato with Cheese Tuna Baked beans	Wrap Filling choices: Cheese Ham Tuna	Cherry shortbread Jelly Yoghurt Fruit



Bowman Academy Lunch Menu



	Week 4				
	Mains				Pudding
Monday	Beef chili with rice and mixed veg	Quorn chili with rice and mixed veg	Jacket Potato with Cheese Tuna Baked beans	Sandwich Filling choices: Cheese Ham Tuna	Chocolate whip Jelly Yoghurt Fruit
Tuesday	All day breakfast	Veggie all day breakfast	Jacket Potato with Cheese Tuna Baked beans	Pitta Filling choices: Cheese Ham Tuna	Apple crumble with custard Jelly Yoghurt Fruit
Wednesday	Chicken and tomato pasta with peas and garlic bread	Quorn Bolognese pasta with peas and garlic bread	Jacket Potato with Cheese Tuna Baked beans	Tomato Soup Baguette Filling choices: Cheese Ham Tuna	Iced sponge Jelly Yoghurt Fruit
Thursday	Sausage casserole with mashed potatoes and broccoli	Veggie sausage casserole with mashed potatoes and broccoli	Jacket Potato with Cheese Tuna Baked beans	Wrap Filling choices: Ham Cheese Tuna	Ice Cream Jelly Yoghurt Fruit
Friday	Fish and chips with beans or peas	Vegetarian nuggets and chips with beans or peas	Jacket Potato With Cheese Tuna Baked beans	Flatbread Filling choices: Cheese Ham	Nursery wheels Jelly Yoghurt Fruit