



Bowman Academy Lunch Menu



Week 1					
Mains					Pudding
Monday	Pepperoni Pizza with seasoned wedges and beans	Cheese and Tomato Pizza with seasoned wedges and beans	Jacket Potato with Cheese Baked beans Tuna	Sandwich Filling choices: Tuna mayo Cheese Ham	Golden Krispie cake Jelly Yoghurt Fruit
Tuesday	Chinese chicken curry with rice, sweetcorn and naan bread	Quorn Chinese curry with rice, sweetcorn and naan bread	Jacket Potato with Curry Baked beans Tuna Cheese	Baguette Filling choices: Cheese Chicken Tuna Mayo	Iced sponge Jelly Yoghurt Fruit
Wednesd	Pasta bolognese with peas and garlic bread	Quorn pasta bolognese with peas and garlic bread	Jacket Potato with Cheese Baked beans Tuna	Pitta Filling choices: Cheese, Ham, Tuna Mayo	Apple crumble and custard Jelly Yoghurt Fruit
Thursday	Chicken fillet, roast potatoes, carrots, broccoli and Yorkshire pudding	Quorn fillet, roast potatoes, carrots, broccoli and Yorkshire pudding	Jacket Potato with Cheese Baked beans Tuna	Sandwich Filling choices: Cheese Ham Tuna Mayo	Strawberry whip Jelly Yoghurt Fruit
Friday	Fish fillet and chips, baked beans or salad	Vegetarian fingers and chips, baked beans or salad	Jacket Potato with Cheese Tuna Baked beans	Flatbread Filling choices: Cheese Ham	Ice Cream Jelly Yoghurt Fruit



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Week 2					
	Mains				Pudding
Monday	Beefburger in bun with herby diced potatoes and spaghetti hoops	Quorn burger in a bun with herby diced potatoes and spaghetti hoops	Jacket Potato with Cheese Baked beans Tuna	Sandwich Filling choices: Cheese Ham Tuna Mayo	Chocolate biscuit Jelly Fruit Yoghurt
Tuesday	Sweet and sour chicken with rice and peas	Sweet and sour quorn with rice and peas	Jacket Potato with Cheese Baked beans Tuna Sweet and sour	Wrap Filling choices: Cheese Ham Tuna Mayo	Jam sponge with custard Jelly Fruit Yoghurt
Wednesday	Sausage, roast potatoes, carrots, cabbage and Yorkshire pudding	Quorn sausage, roast potatoes, carrots, cabbage and Yorkshire pudding	Jacket Potato with Cheese Baked beans Tuna	Sandwich Filling choices: Cheese Ham Tuna Mayo	Chocolate Krispie cake Jelly Fruit Yoghurt
Thursday	Meatballs and pasta with sweetcorn and garlic bread	Vegetarian balls and pasta with sweetcorn and garlic bread	Jacket Potato with Cheese Baked Beans Tuna	Baguette Filling choices: Cheese Ham Tuna Meatball	Ice cream Jelly Yoghurt Fruit
Friday	Fish cakes with Chips and baked beans	No chicken nuggets with Chips and baked beans	Jacket Potato with Cheese Tuna Baked Beans	Flatbread Filling choices: Cheese Ham	Waffle with strawberry sauce Yoghurt Jelly Fruit



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Week 3					
	Mains				Pudding
Monday	Cheese and ham pizza with seasoned wedges and spaghetti	Cheese and tomato pizza with seasoned wedges and spaghetti	Jacket Potato with Cheese Tuna Baked beans	Sandwich Filling choices: Tuna Mayo Ham Cheese Salmon	Toffee whip Yoghurt Jelly Fruit
Tuesday	Sausage and cheese muffin, hash browns and beans	Quorn sausage and cheese muffin hash browns and beans	Jacket Potato with Cheese Beans Tuna	Pitta Filling choices: Cheese Ham Tuna Mayo Salmon	Chocolate chip shortbread Yoghurt Jelly Fruit
Wednesday	Hunters chicken with peas and garlic bread	Mac and cheese with peas and garlic bread	Jacket Potato with Cheese Baked Beans Tuna	Wrap Filling choices: Cheese Tuna Mayo Ham	Ice-cream Yoghurt Jelly Fruit
Thursday	Sausage casserole, roast potatoes, broccoli	Quorn sausage casserole, roast potatoes, broccoli	Jacket Potato with Cheese Baked beans Tuna	Baguette Filling choices: Cheese Ham Tuna Mayo Chicken	Shortbread summer fruit yoghurt crunch Yoghurt Jelly Fruit
Friday	Chicken nuggets with chips and beans	Vegetarian fingers with chips and beans	Jacket Potato with Cheese Tuna Baked beans	Sandwich Filling choices: Cheese Ham Tuna Mayo Chicken	Jam biscuit Jelly Yoghurt Fruit