

Inverclyde Academy school menu 2019-20

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Bagels, toasties, panini, cereal	Bagels, toasties, panini, cereal, slice roll	Bagels, toasties, panini, cereal	Bagels, toasties, panini, cereal, slice roll	Bagels, toasties, panini, cereal
Starter	Soup of the day				
Option 1- Meat	Sausage and mash potato	Lasagne or Spaghetti Bolognaise	*Steak pie or roast beef	Chicken Wrap	Fish and Chips
Option 2- non meat	Beans on Toast(v)		Cauliflower Cheese bake(v)	Macaroni Cheese(v)	**Burger and chips
Served Daily	Baked potatoes, Seasonal vegetables, Salad, Fresh fruit				
Pasta King	Various flavours available				
Deli counter	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini	Filled sandwiches, baguettes, Panini, pasta pot Pizzini	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini	Filled sandwiches, baguettes, Panini, pasta pot Pizzini	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini

*This will rotate between Steak pie and Roast beef on a weekly basis

** This will rotate between Beef and Chicken on a weekly basis

Week commencing

19 th Aug 19	9 th Sept 19	30 th Sept 19	28 th Oct 19	18 th Nov 19
9 th Dec 19	13 th Jan 20	3 rd Feb 20	24 th Feb 20	16 th Mar 20
20 th April 20	11 th May 20	1 st June 20	22 nd June 20	

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<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Bagels, toasties, panini, cereal	Bagels, toasties, panini, cereal, slice roll	Bagels, toasties, panini, cereal	Bagels, toasties, panini, cereal, slice roll	Bagels, toasties, panini, cereal
Starter	Soup of the day				
Option 1	Chicken Curry with rice	Mince and mash potatoes	*Steak pie or roast beef	Cajun Chicken pasta	Fish and Chips
Option 2	Beans on Toast(v)	Cheese and tomato Pizza with potato wedges (v)		Omelette with potato wedges(v)	**Burger and chips
Served Daily	Baked potatoes, Seasonal vegetables, Salad, Fresh fruit				
Pasta King	Various flavours available				
Deli counter	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini	Filled sandwiches, baguettes, Panini, pasta pot Pizzini	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini	Filled sandwiches, baguettes, Panini, pasta pot Pizzini	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini

*This will rotate between Steak pie and Roast beef on a weekly basis

** This will rotate between Beef and Chicken on a weekly basis

Week commencing

26 th Aug 19	16 th Sept 19	7 th Oct 19	4 th Nov 19	25 th Nov 19
16 th Dec 19	20 th Jan 20	10 th Feb 20	2 nd March 20	23 rd Mar 20
27 th April 20	18 th May 20	8 th June 20		

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<u>Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Bagels, toasties, panini, cereal	Bagels, toasties, panini, cereal, slice rolls	Bagels, toasties, panini, cereal	Bagels, toasties, panini, cereal, slice Rolls	Bagels, toasties, panini, cereal
Starter	Soup of the day				
Option 1	Meatballs and pasta	Hot chicken wrap	*Steak pie or roast beef	Chicken pie with mash potatoes	Fish and Chips
Option 2	Cheese and tomato Pizza with potato wedges (v)	Macaroni Cheese(v)		Beans on Toast(v)	**Burger and chips
Served Daily	Baked potatoes, Seasonal vegetables, Salad, Fresh fruit				
Pasta King	Various flavours available				
Deli counter	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini	Filled sandwiches, baguettes, Panini, pasta pot Pizzini	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini	Filled sandwiches, baguettes, Panini, pasta pot Pizzini	Filled sandwiches, baguettes, Panini, pasta pot and Pizzini

*This will rotate between Steak pie and Roast beef on a weekly basis

** This will rotate between Beef and Chicken on a weekly basis

Week commencing

2 nd Sept 19	23 rd Sept 19	21 st Oct 19	11 th Nov 19	2 nd Dec 19
6 th Jan 20	27 th Jan 20	17 th Feb 20	9 th Mar 20	30 th Mar 20
4 th May 20	25 th May 20	15 th June 20		