

### Week 1

w/c  
16 April  
14 May  
18 June  
16 July  
24 Sept

| Day   | Standard Meal                                             | Vegetarian Meal                      | Veg for All                     | Dessert                                   | Fresh Each Day                                                 |
|-------|-----------------------------------------------------------|--------------------------------------|---------------------------------|-------------------------------------------|----------------------------------------------------------------|
| Mon   | Chicken Burger & Wedges                                   | Quorn Risotto                        | Side Salad                      | Frozen yoghurt                            | <b>NEW</b>                                                     |
| Tues  | Roast Pork Dinner with Roast Potatoes                     | Veggie Burger with Oven Baked Chips  | Broccoli & Sweetcorn            | Cherry & coconut flapjack                 | <b>Jacket Potato with cheese/beans as a daily alternative.</b> |
| Wed   | Spaghetti Bolognese with Garlic Bread                     | Egg Mayo Roll with a Pasta Salad     | Baby Tomatoes & Cucumber Slices | Fruity jelly with mandarins and ice cream | Fruit Selection                                                |
| Thurs | Sticky Chicken & Boiled Rice                              | Quorn Nuggets & Criss cross potatoes | Corn on the Cob & Green beans   | Lemon Curd Tart                           | Organic Yoghurt                                                |
| Fri   | Fish Friday! Breaded salmon goujons with oven baked chips | Veggie All Day Breakfast             | Baked Beans                     | Summery Peach Sponge                      | Wholemeal Bread                                                |

### Week 2

w/c  
23 April  
21 May  
25 June  
3 Sept  
1 Oct

|       |                                              |                                              |                           |                                 |                                                                |
|-------|----------------------------------------------|----------------------------------------------|---------------------------|---------------------------------|----------------------------------------------------------------|
| Mon   | Cheese & Tomato Pasta Bake with Garlic Bread | Veggie Sausage Hot Dog with Oven Baked Chips | Cucumber & Carrot Slices  | Gingerbread men                 | <b>NEW</b>                                                     |
| Tues  | Mild beef chilli with rice & nachos          | Tomato Pasta Bake with Garlic Bread          | Mixed Vegetables          | Lemon Drizzle Cake              | <b>Jacket Potato with cheese/beans as a daily alternative.</b> |
| Wed   | Roast Turkey Dinner with Roast Potatoes      | Mixed Veg Curry with Rice                    | Green Beans & Cauliflower | Raspberry Ripple Ice Cream      | Fruit Selection                                                |
| Thurs | Gammon with Rice                             | Roast Quorn Dinner with Roast Potatoes       | Broccoli & Sweetcorn      | Jammy cornflake tart            | Organic Yoghurt                                                |
| Fri   | Fish Friday! Fishfingers & Mashed Potato     | Veggie Nuggets & Cubed potatoes              | Baked Beans               | Chocolate sponge with ice cream | Wholemeal Bread                                                |

### Week 3

w/c  
30 April  
4 June  
2 July  
10 Sept  
8 Oct

|       |                                                          |                                              |                        |                                          |                                                                |
|-------|----------------------------------------------------------|----------------------------------------------|------------------------|------------------------------------------|----------------------------------------------------------------|
| Mon   | Steak and Vegetable Pastry Topped Pie with Baby Potatoes | Veggie Spaghetti Bolognese with Garlic Bread | Side Salad             | Ice Cream with chocolate Sauce           | <b>NEW</b>                                                     |
| Tues  | All Day Breakfast                                        | Cheese omelette and Wedges                   | Baked Beans            | Carrot Cake                              | <b>Jacket Potato with cheese/beans as a daily alternative.</b> |
| Wed   | Sunny Chicken Curry with Rice & Naan Bread               | Roasted Vegetable Lasagne                    | Broccoli & Green Beans | Fruit Cheesecake                         | Fruit Selection                                                |
| Thurs | Cheese & Tomato Pizza with Fries                         | Sweet & Sour Quorn & Rice                    | Mixed Vegetables       | Fruit salad with natural yoghurt & honey | Organic Yoghurt                                                |
| Fri   | Beefburger in a bun with cubed potatoes                  | Cheese & Tomato Pizza with Fries             | Carrots & Peas         | Banana Loaf                              | Wholemeal Bread                                                |

### Week 4

w/c  
7 May  
11 June  
9 July  
17 Sept  
15 Oct

|       |                                                            |                                        |                                 |                                  |                                                                |
|-------|------------------------------------------------------------|----------------------------------------|---------------------------------|----------------------------------|----------------------------------------------------------------|
| Mon   | Chicken Supreme with rice                                  | Quorn Meatball Pasta Bake              | Green Beans & Broccoli          | 100% fruit ice lolly             | <b>NEW</b>                                                     |
| Tues  | Pork Meatballs in a tomato sauce with pasta and dough ball | Veggie Mince Chilli with Rice & Nachos | Baby Tomatoes & Cucumber Slices | Bakewell tart with cream         | <b>Jacket Potato with cheese/beans as a daily alternative.</b> |
| Wed   | Cheese Omelette with cubed potatoes                        | Quorn Burger & Cubed potatoes          | Baked Beans                     | Courgette & Chocolate Cake Slice | Fruit Selection                                                |
| Thurs | Cottage Pie                                                | Mac n Cheese with dough ball           | Carrots & Peas                  | Oat & Raisin flapjack            | Organic Yoghurt                                                |
| Fri   | Fish Friday! Cod Fillet with Oven Baked Chips              | Veggie Sausage & Mash                  | Peas                            | Fruit Jelly Whip                 | Wholemeal Bread                                                |

## LCA Spring/Summer Menu Cycle

These meals will take your Child from Monday 16<sup>th</sup> April to October Half Term.

You can also choose a **Jacket Potato** with Cheese/beans as an **alternative** every day.

In order to ensure that your child receives the free meal they are entitled to, **we will order EVERY child a daily meal\*\*\***, usually all standard dinners or all vegetarian if you have told us your child requires this.

Please make sure your child's **allergy information** is up to date with the school office as we will cater for these as long as we know.

If you would like your child to have the jacket potato option or to not have a meal on any day, please contact the school office or email [enquiries@lincolnCarltonAcademy.lincs.sch.uk](mailto:enquiries@lincolnCarltonAcademy.lincs.sch.uk)

**no later than 2 weeks prior to the date of the meal week**

\*\*\*If your child is in Year 3 then meals can be ordered at £2.30 per meal through ParentPay).

