

Week 1

w/c
17 April
15 May
19 June
17 July
25 Sept

Day	Standard Meal	Vegetarian Meal	Veg for All	Dessert	Fresh Each Day
Mon	Chicken Burger & Wedges	Quorn Risotto	Side Salad	Frozen yoghurt	NEW
Tues	Roast Pork Dinner with Croquet Potatoes	Veggie Burger with Oven Baked Chips	Broccoli & Sweetcorn	Cherry & coconut flapjack	Jacket Potato with cheese/beans as a daily alternative.
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 & Mashed Potato	Corn on the Cob & Onion Rings	Chocolate Shortbread	Organic Yoghurt
Fri	Fish Friday! Breaded fish bites with oven baked chips	Veggie All Day Breakfast	Baked Beans	Oaty apple crumble with cream	Wholemeal Bread

Week 2

w/c
24 April
22 May
26 June
4 Sept
2 Oct

Mon	Beefburger with oven baked chips	Veggie Sausage Hot Dog with Oven Baked Chips	Cucumber & Carrot Slices	Gingerbread men	NEW
Tues	Roast Gammon with Roast Potatoes	Tomato Pasta Bake with Garlic Bread	Mixed Vegetables	Raspberries in jelly & ice cream	Jacket Potato with cheese/beans as a daily alternative.
Wed	Quorn Pasta Bake with Garlic Bread	Roast Quorn Dinner with Roast Potatoes	Broccoli & Sweetcorn	Jammy cornflake tart	Fruit Selection
Thurs	Mild Chilli Wraps with rice & nachos	Chick Pea & Mixed Veg Curry with Rice	Green Beans & Cauliflower	Lemon Drizzle Cake	Organic Yoghurt
Fri	Fish Friday! Fishcakes & Mashed Potato	Veggie Nuggets & Wedges	Baked Beans	Chocolate sponge with ice cream	Wholemeal Bread

Week 3

w/c
1 May
5 June
3 July
11 Sept
9 Oct

Mon	Cheese & Turkey 'Do it Yourself' Wraps with Mini Potato Waffles	Veggie Spaghetti Bolognese with Garlic Bread	Side Salad	100% fruit ice lolly	NEW
Tues	All Day Breakfast	Sweet & Sour Quorn & Rice	Baked Beans	Chocolate brownie & cream	Jacket Potato with cheese/beans as a daily alternative.
Wed	Sunny Chicken Curry with Rice & Naan Bread	Roasted Vegetable Lasagne	Broccoli & Green Beans	Wibbly wobbly Jelly	Fruit Selection
Thurs	Cheese & Tomato Pasta Bake with Garlic Bread	Cheese & Tomato Pizza with Sweet potato Fries	Mixed Vegetables	Summery Mandarin Sponge	Organic Yoghurt
Fri	Steak and Mushroom Pastry Topped Pie with Baby Potatoes	Quorn Burger and Wedges	Carrots & Peas	Dunkin donuts with toffee yoghurt	Wholemeal Bread

Week 4

w/c
8 May
12 June
10 July
18 Sept
16 Oct

Mon	Chicken & Sweetcorn Casserole with Dumplings	Quorn Meatball Pasta Bake	Green Beans & Broccoli	Pancakes with toppings	NEW
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	Jacket Potato with cheese/beans as a daily alternative.
Wed	Cheese & Tomato Pizza with Sweet Potato Fries	Summer Vegetable Pie & Chips	Sweetcorn & Cauliflower	Pears in Chocolate Sauce	Fruit Selection
Thurs	Roast Turkey Dinner with Roast Potatoes	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	Baked Beans	Cherry crumble and custard	Wholemeal Bread

LCA + MSA Spring/Summer Menu Cycle

These meals will take your Child from Tuesday 18th April to Friday 20th October.

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

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

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

