

# Spring 2017 Menu Tidemill Academy



W/Comm- Thurs 5 Jan, 23 Jan, 20 Feb, 13 March	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Cheese & Tomato Pizza served with Jacket Wedges	Chicken Sausage served with Mashed Potato and Red Onion Gravy	Roast Turkey served with Dry Roast Potatoes and Gravy	Mild Minced Lamb Keema served with Rice	Fish Fingers served with Chips
2nd Option	Vegetarian Chilli served with Rice	Vegetable and Chick Pea Bake served with New Potatoes	Quorn Fillet served with Dry Roast Potatoes and Gravy	Mediterranean Vegetable and Mixed Bean Pasta Bake	Vegetable Sausage served with Chips
3rd Option	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw
Vegetables	Sweetcorn and Broccoli	Cauliflower and Green Beans	Baton Carrots and Roast Parsnips	Sweetcorn and Stir Fry Cabbage and leeks	Garden Peas and Baked Beans
Dessert	Apricot Sponge with Custard	Iced Apple and Cinnamon Whirl	Strawberry Jelly	Marble Cake with Custard	Crispy Cornflake Cake

W/Comm- Mon 9 Jan, 30 Jan, 27 Feb, 20 March	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Savoury Quorn Mince with Dumplings and Mashed Potato	Creamy Chicken and Sweetcorn served with Rice	Roast Turkey served with Dry Roast Potatoes and Gravy	Hearty Beef Stew served with New Potatoes	Salmon Bites served with Chips
2nd Option	Tomato and Mascarpone Pasta	Cheesy Potato Layer Bake	Mild Sweet Potato and Chick Pea Korma served with Rice	Cheese and Tomato Turnover served with New Potatoes	Bean Burger served with Chips
3rd Option	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw
Vegetables	Garden Peas and Carrots	Green Beans and Carrots	Cauliflower and Green Beans	Broccoli and Sweetcorn	Garden Peas and Baked Beans
Dessert	Coconut Cookie	Apple and Cherry Crumble with Custard	Pear and Chocolate Sponge with Custard	Carrot Cake	Ice Cream Pot

Meat free Mondays

W/Comm- Mon 16 Jan, 6 Feb, 6 March, 27 March	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Cowboy Veggie Sausage Casserole served with New Potatoes	Beef Lasagne	Roast Chicken Thigh with Stuffing, Dry Roast Potatoes and Gravy	Jerk Chicken served with Rice	Fish Fingers served with Chips
2nd Option	Tomato and Basil Pasta Bake	Three Bean Hot Pot served with Mashed Potato	Sweet Potato and Lentil Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Mushroom Risotto
3rd Option	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw
Vegetables	Cauliflower and Garden Peas	Sweetcorn and Green Beans	Baton Carrots and Cabbage	Broccoli and Carrots	Garden Peas and Wholewheat Spaghetti Hoops
Dessert	Rice Pudding served with Fruit Compote	Pineapple Sponge and Custard	Strawberry Whip	Apple and Peach Pie with Custard	Mini Doughnuts with Winter Berry Sauce



School lunch is provided by Pride Catering by Churchill and the menu is quality assured by Food for Life programme. Also available every day is Freshly Baked Crusty Bread, Bio Yogurt, Fruit & Salad Selections. Menu items are subject to availability and may change. For food allergy or special dietary requirements please speak to a member of staff.



# Spring 2017 Menu Tidemill Academy



W/Comm- Thurs 5 Jan, 23 Jan, 20 Feb, 13 March	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					
1st Option	Cheese & Tomato Pizza served with Jacket Wedges	Chicken Sausage served with Mashed Potato and Red Onion Gravy	Roast Turkey served with Dry Roast Potatoes and Gravy	Mild Minced Lamb Keema served with Rice	Fish Fingers served with Chips
2nd Option	Vegetarian Chilli served with Rice	Vegetable and Chick Pea Bake served with New Potatoes	Quorn Fillet served with Dry Roast Potatoes and Gravy	Mediterranean Vegetable and Mixed Bean Pasta Bake	Vegetable Sausage served with Chips
3rd Option	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw
<b>Meat free Mondays</b>					
Vegetables	Sweetcorn and Broccoli	Cauliflower and Green Beans	Baton Carrots and Roast Parsnips	Sweetcorn and Stir Fry Cabbage and leeks	Garden Peas and Baked Beans
Dessert	Apricot Sponge with Custard	Iced Apple and Cinnamon Whirl	Strawberry Jelly	Marble Cake with Custard	Crispy Cornflake Cake

**Week 1**

**Meat free Mondays**



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# Spring 2017 Menu Tidemill Academy



W/Comm- Mon 9 Jan, 30 Jan, 27 Feb, 20 March	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 2</b>					
1st Option	Savoury Quorn Mince with Dumplings and Mashed Potato	Creamy Chicken and Sweetcorn served with Rice	Roast Turkey served with Dry Roast Potatoes and Gravy	Hearty Beef Stew served with New Potatoes	Salmon Bites served with Chips
2nd Option	Tomato and Mascarpone Pasta	Cheesy Potato Layer Bake	Mild Sweet Potato and Chick Pea Korma served with Rice	Cheese and Tomato Turnover served with New Potatoes	Bean Burger served with Chips
3rd Option	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw
<b>Meat free Mondays</b>					
Vegetables	Garden Peas and Carrots	Green Beans and Carrots	Cauliflower and Green Beans	Broccoli and Sweetcorn	Garden Peas and Baked Beans
Dessert	Coconut Cookie	Apple and Cherry Crumble with Custard	Pear and Chocolate Sponge with Custard	Carrot Cake	Ice Cream Pot

**Week 2**

**Meat free Mondays**



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# Spring 2017 Menu Tidemill Academy



W/Comm- Mon 16 Jan, 6 Feb, 6 March, 27 March	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 3</b>					
1st Option	Cowboy Veggie Sausage Casserole served with New Potatoes	Beef Lasagne	Roast Chicken Thigh with Stuffing, Dry Roast Potatoes and Gravy	Jerk Chicken served with Rice	Fish Fingers served with Chips
2nd Option	Tomato and Basil Pasta Bake	Three Bean Hot Pot served with Mashed Potato	Sweet Potato and Lentil Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Mushroom Risotto
3rd Option	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked Beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo or Baked beans	Jacket Potato with Grated Cheese, Tuna Mayo or Coleslaw
<b>Meat free Mondays</b>					
Vegetables	Cauliflower and Garden Peas	Sweetcorn and Green Beans	Baton Carrots and Cabbage	Broccoli and Carrots	Garden Peas and Wholewheat Spaghetti Hoops
Dessert	Rice Pudding served with Fruit Compote	Pineapple Sponge and Custard	Strawberry Whip	Apple and Peach Pie with Custard	Mini Doughnuts with Winter Berry Sauce

Meat free Mondays



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# Allergen Table Tidemill Academy



Week 1	Peanut	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Mollusc	Shellfish	Gluten	Sesame Seeds	Celery	Sulphur Dioxide
Cheese & Tomato Pizza served with Jacket Wedges	May contain	May contain	Y	May contain							Y Wheat	May contain	Y	May contain
Vegetarian Chilli served with Rice	May contain	May contain		Y							Y Barley, Oats Rye, Wheat	May contain	May contain	
Apricot Sponge with Custard			Y	May contain			Y				Y Wheat			May contain
Chicken Sausage served with Mashed Potato and Red Onion Gravy			Y								Y Barley, Oats Rye, Wheat		Y	Y
Vegetable and Chick Pea Bake served with New Potatoes	May contain	May contain	Y	May contain							Y Wheat	May contain	Y	May contain
Iced Apple and Cinnamon Whirl							May contain				Y Barley, Oats Rye, Wheat			May contain
Roast Turkey served with Dry Roast Potatoes and Gravy														
Quorn Fillet served with Dry Roast Potatoes and Gravy							Y							
Strawberry Jelly														
Mild Minced Lamb Keema served with Rice	May contain	May contain	Y	May contain							May contain	May contain	Y	
Mediterranean Vegetable and Mixed Bean Pasta Bake	May contain	May contain		May contain							Y Wheat	May contain	Y	May contain
Marble Cake with Custard			Y	May contain			Y				Y Wheat			May contain
Fish Fingers served with Chips								Y			Y Wheat			May contain
Vegetable Sausage served with Chips											Y Wheat			May contain
Crispy Cornflake Cake											Y Barley			



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# Allergen Table Tidemill Academy

Week 2	Peanut	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Mollusc	Shellfish	Gluten	Sesame Seeds	Celery	Sulphur Dioxide
Savoury Quorn Mince with Dumplings and Mashed Potato	May contain	May contain	Y	May contain			May contain				Y Wheat	May contain	Y	May contain
Tomato and Mascarpone Pasta	May contain	May contain	Y	May contain							Y Wheat	May contain	Y	May contain
Coconut Cookie	May contain	May contain		May contain			Y				Y Wheat	May contain	May contain	Y
Creamy Chicken and Sweetcorn served with Rice	May contain	May contain	Y	May contain							May contain	May contain	Y	
Cheesy Potato Layer Bake			Y								Y Wheat			Y
Apple and Cherry Crumble with Custard			Y	May contain			Y				Y Oats, Wheat			May contain
Roast Turkey served with Dry Roast Potatoes and Gravy											Y Barley, Wheat			
Mild Sweet Potato and Chick Pea Korma served with Rice	May contain	May contain	Y	May contain							May contain	May contain	May contain	Y
Pear and Chocolate Sponge with Custard			Y	May contain			Y				Y Wheat			May contain
Hearty Beef Stew served with New Potatoes													Y	
Cheese and Tomato Turnover served with New Potatoes			Y				Y				Y Barley, Oats Rye, Wheat			
Carrot Cake	May contain	May contain		May contain			Y				Y Wheat	May contain	May contain	
Salmon Bites served with Chips					Y			Y			Y Wheat			May contain
Bean Burger served with Chips							Y				Y Wheat	Y		May contain
Ice Cream Pot			Y											



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# Allergen Table Tidemill Academy

Week 3	Peanut	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Mollusc	Shellfish	Gluten	Sesame Seeds	Celery	Sulphur Dioxide
Cowboy Veggie Sausage Casserole served with New Potatoes	May contain	May contain		May contain							Y Barley, Oats Rye, Wheat	May contain	Y	Y
Tomato and Basil Pasta Bake	May contain	May contain		May contain							Y Wheat	May contain	Y	May contain
Rice Pudding served with Fruit Compote	May contain	May contain	Y	May contain						May contain	May contain	May contain	May contain	Y
Beef Lasagne	May contain	May contain	Y	May contain							Y Wheat	May contain	Y	May contain
Three Bean Hot Pot served with Mashed Potato			Y										Y	Y
Pineapple Sponge and Custard			Y	May contain			Y				Y Wheat			May contain
Roast Chicken Thigh with Stuffing, Dry Roast Potatoes and Gravy											Y Barley, Wheat			
Sweet Potato and Lentil Wellington with Roast Potatoes and Gravy	May contain	May contain		May contain			Y				Y Barley, Oats Rye, Wheat	May contain	Y	
Strawberry Whip			Y											
Jerk Chicken served with Rice	May contain	May contain		May contain							May contain	May contain	Y	
Macaroni Cheese			Y								Y Wheat		Y	
Apple and Peach Pie with Custard			Y	May contain			Y				Y Wheat			May contain
Fish Fingers served with Chips								Y			Y Wheat			
Mushroom Risotto											Y Wheat		Y	
Mini Doughnuts with Winter Berry Sauce			Y	Y			Y				Y Oats, Wheat			Y



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