



# SKEGNESS INFANT ACADEMY

## Sample Six Week Menus

<b>Monday Week 1</b>	<b>Tuesday Week 1</b>	<b>Wednesday Week 1</b>	<b>Thursday Week 1</b>	<b>Friday Week 1</b>
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Chicken & Mushroom Pie	Gammon Steak & Pineapple Slice	Roast Turkey with Stuffing	Assorted Meat Pizza	Beef Quarter Pounder Burger
Fish Fillet Finger	Vegetable Quarter Pounder Burger	Vegetable Pasta with Garlic Bread	Assorted Vegetarian Pizza	Quorn Meatballs With Penne Pasta
Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Coleslaw	Jacket Potato with Tuna & Sweetcorn	Jacket Potato with Cheese
<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>
Cheese	Chicken Mayo	Tuna & Cucumber	Turkey	Tuna Mayonnaise
Ham & Cucumber	Cheese & Tomato	Salad	Cheese & Onion	Cheese & Cucumber
Egg Mayonnaise	Turkey & Salad	Ham & Cheese	Egg & Salad	Ham & Tomato
<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>
Creamed Potatoes	Creamed Potatoes	Roast Potatoes	Garlic Bread	Bread Roll/Pasta
Garden Peas	Whole Green Beans	Carrots	Mixed Vegetables	Sweet corn
Country Vegetable Mix	Baked Beans	Cabbage	Mixed Salad	Baked Beans
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Eve's Pudding with Custard Sauce	Fruit Pots	Banana Sponge with Custard	Pear Crumble with Custard	Strawberry Shortbread
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

<b>Monday</b> Week 2	<b>Tuesday</b> Week 2	<b>Wednesday</b> Week 2	<b>Thursday</b> Week 2	<b>Friday</b> Week 2
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Chicken Breast	Cottage Pie	Cheese & Onion Quiche	Pork & Vegetable Pie	Beef Goulash
Oven Baked Crumbed Haddock	Cheese & Tomato Baguettes	Pasta with a Bolognese Sauce	Fish Cake in Natural Crumb	Quorn Sausage Casserole
Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato With Baked Beans	Jacket Potato With Coleslaw	Jacket Potato with Cheese
<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>
Tuna Mayonnaise	Cheese	Chicken Mayo	Tuna & Cucumber	Turkey
Ham & Cucumber	Egg Mayonnaise	Salad	Cheese & Onion	Cheese & Cucumber
Egg & Tomato	Turkey & Salad	Ham & Cheese	Egg & Salad	Ham & Tomato
<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>
Creamed Potatoes	½ Jacket Potato	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Garden Peas	Broccoli	Baked Beans	Sweet Corn	Garden Peas
Cauliflower Cheese	Sweet corn	Mixed Salad	Whole Green Beans	Country Veg Mix
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Fruit Muffins	Blackberry & Apple Crumble with Custard Sauce	Fruit Jelly Sundae	Black Cherry Sponge with Chocolate Sauce	Carrot Cake with Cream Cheese Frosting
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

<b>Monday</b> Week 3	<b>Tuesday</b> Week 3	<b>Wednesday</b> Week 3	<b>Thursday</b> Week 3	<b>Friday</b> Week 3
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Sausage	Turkey Burger in a Bun	Roast Pork with Apple Sauce	Chicken Breast	Fish Pie
Salmon Fish Fingers	Macaroni Cheese	Mozzarella Burger in a Bun	Quorn Curry with rice	Pasta in a Creamy Tomato Sauce
Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato With Baked Beans	Jacket Potato With Coleslaw	Jacket Potato with Cheese
<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>
Tuna Mayonnaise	Cheese	Chicken Mayo	Tuna & Cucumber	Turkey
Cheese & Cucumber	Ham & Cucumber	Egg Mayonnaise	Ham	Cheese & Onion
Egg & Tomato	Turkey & Salad	Ham & Cheese	Cheese & Salad	Ham & Tomato
<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>
Creamed Potatoes	Garlic Bread	Roast Potatoes	Creamed Potatoes	Garlic Bread
Garden Peas	Mixed Salad	Country Vegetable Mix	Carrots	Sweet corn
Baked Beans	Baked Beans	Baked Beans	Cabbage	Whole Green Beans
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Chocolate Sponge with Chocolate Sauce	Apple & Raspberry Crunch Crumble with Custard	Mixed Danish Pastries	Madeleine Sponge with Custard Sauce	Fruit Jelly
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

<b>Monday</b> Week 4	<b>Tuesday</b> Week 4	<b>Wednesday</b> Week 4	<b>Thursday</b> Week 4	<b>Friday</b> Week 4
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Lemon & Parsley Haddock	Turkey & Mushroom Pie	Roast Beef with Yorkshire Pudding	Tuna Fishcakes	Breaded Chicken Fillets
Chicken Curry with Steamed Rice	Broccoli and Cheese Potato Bake	Pasta with Bolognese Sauce	Pizza Selection	Vegetable Cottage Pie
Jacket Potato with Baked Beans	Jacket Potato With Tuna Mayonnaise	Jacket Potato with Chicken Mayonnaise	Jacket Potato With Coleslaw	Jacket Potato with Cheese
<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>
Turkey	Tuna Mayonnaise	Cheese	Chicken Mayo	Tuna & Cucumber
Cheese & Cucumber	Ham & Cucumber	Egg Mayonnaise	Ham	Cheese & Onion
Egg & Tomato	Turkey & Salad	Ham & Cheese	Cheese & Salad	Ham & Tomato
<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>
Creamed Potatoes	Creamed Potatoes	Roast Potatoes	Garlic Bread	½ Jacket Potato
Sweet corn	Macedoine	Cabbage	Mixed Salad	Baked Beans
Cauliflower Cheese	Garden Peas	Carrots	Baked Beans	Whole Green Beans
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Chocolate & Pear Sponge with Custard Sauce	Fruit Pots	Marble Sponge with Custard Sauce	Yoghurt Selection	Summer Fruit Sponge with Custard Sauce
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

<b>Monday</b> Week 5	<b>Tuesday</b> Week 5	<b>Wednesday</b> Week 5	<b>Thursday</b> Week 5	<b>Friday</b> Week 5
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Pork Steak	Beef & Onion Pie	Chicken Breast	Lamb Hotpot	Haddock in a Parsley Sauce
Tuna Pasta Bake	Pasta in Tomato & Pesto Sauce	Vegetarian Sausage Roll	Fish Fillet Squares	Cheese & Onion Quiche
Jacket Potato with Cheese	Jacket Potato With Tuna Mayonnaise	Jacket Potato with Chicken Mayonnaise	Jacket Potato With Baked Beans	Jacket Potato with Cheese
<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>
Turkey	Tuna Mayonnaise	Cheese	Chicken Mayo	Tuna & Cucumber
Cheese & Cucumber	Ham & Cucumber	Egg Mayonnaise	Ham	Cheese & Onion
Ham & Tomato	Egg & Tomato	Turkey & Salad	Cheese & Salad	Ham & Cheese
<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>
Creamed Potatoes	Creamed Potatoes	Roast Potatoes	Creamed Potatoes	Creamed Potatoes
Broccoli	Sliced Green Beans	Cabbage	Country Veg Mix	Whole Green Beans
Carrots	Peas & Corn	Baked Beans	Baked Beans	Baked Beans
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Syrup Sponge with Custard	Apple Crumble with Custard Sauce	Frozen Yoghurt Selection	Bakewell Tart with Custard Sauce	Cheesecake with Fruit Topping
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

<b>Monday</b> Week 6	<b>Tuesday</b> Week 6	<b>Wednesday</b> Week 6	<b>Thursday</b> Week 6	<b>Friday</b> Week 6
<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>	<b>Main Meal Choice</b>
Cumberland Pie	Chicken Casserole with Herb Scones	Roast Pork with Apple sauce	Lamb Moussaka	Cornish Pasty
Cod Fish Fingers	Pasta in Tomato & Basil Sauce	Quorn Curry with Steamed Rice	Cheese & Onion Whirls	Minced Quorn Bolognaise with Penne Pasta
Jacket Potato with Cheese	Jacket Potato With Tuna Mayonnaise	Jacket Potato with Chicken Mayonnaise	Jacket Potato With Baked Beans	Jacket Potato with Tuna & Sweetcorn
<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>	<b>Sandwich Selection</b>
Turkey	Tuna Mayonnaise	Cheese	Chicken Mayo	Tuna & Cucumber
Cheese & Cucumber	Ham & Cucumber	Egg Mayonnaise	Ham	Cheese & Onion
Ham & Tomato	Egg & Tomato	Turkey & Salad	Cheese & Salad	Ham & Cheese
<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>	<b>Potatoes &amp; Vegetables</b>
Creamed Potatoes	Creamed Potatoes	Roast Potatoes	Garlic Bread	Creamed Potatoes
Garden Peas	Broccoli	Carrots	Mixed Salad	Garlic Bread
Baked Beans	Cabbage	Whole Green Beans	Baked Beans	Baked Beans
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
Lemon Sponge with Custard	Yoghurt Selection	Banana Sponge with Fudge Sauce	Fruit Flapjack	Strawberry Flan with cream
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit