

George Spencer Academy

Week 1

MONDAY

Filo Chicken Kiev

OR

Indian Vegetarian
Shepherds Pie

Roast Vegetables

Sliced Garlic Potatoes

Honey Cake

Custard

TUESDAY

Beef Keema Curry

OR

Stuffed Pepper with
Vegetable Risotto

Garden Peas

Steamed Rice
Naan Bread

Orange & Apricot Cake

Custard

WEDNESDAY

Roast Pork
Stuffing

OR

Roast Quorn
Stuffing
Gravy

Fresh Broccoli

Spring Green Mash

Apple & Date Crumble

Custard

THURSDAY

Beef Potato Pie

OR

Vegetable Hot Pot

Cabbage

Provencal Potatoes

Plum & Cocoa Sponge

Custard

FRIDAY

Battered Fish

OR

Oriental Veg and
Quorn Pasta

Baked Beans

Chips

Lemon Courgette
Cake

Custard

George Spencer Academy

Week 2

MONDAY

Chicken Tikka Pin
Wheel

OR

Vegetable Chow Mein

Baton Carrots

Parisian Potatoes

Lemon Drizzle Cake

Custard

TUESDAY

Caribbean Chicken
Curry

OR

Sweet Chilli
Vegetables

Garden Peas

Steamed Rice

Iced Ginger Short-
bread

Custard

WEDNESDAY

Roast Gammon

OR

Lentil Moussaka

Fresh Broccoli

Chive Crushed
Potatoes

Pineapple & Coconut
Sponge

Custard

THURSDAY

Beef Stew with
Yorkshire Pudding

OR

Vegetarian Casserole

Cauliflower
Cabbage

Creamed Potatoes

Mixed Berry & Apple
Cobbler

Custard

FRIDAY

Salmon Fish Cake

OR

Vegetable & Bean
Burrito

Baked Beans

Herby Dice

Apple Turnover

Custard

George Spencer Academy

Week 3

MONDAY

Chicken, Potato and
Chorizo Tray Bake

OR

Mushroom & Quorn
Crumble

Fresh Leeks

Dauphinoise Potatoes

Ginger & Treacle Cake

Custard

TUESDAY

Pork Bacon &
Mushroom

OR

Sweet Potato &
Chickpea Dhal

Green Beans

Steamed Rice
Naan Bread

Iced Toffee Shortcake

Custard

WEDNESDAY

Roast Beef

OR

Vegetable Lasagne

Fresh Broccoli

Roast Potatoes

Spiced Apple Cake

Custard

THURSDAY

Beef & Pasta Bake

OR

Vegan Burrito

Garden Peas

Garlic Slice

Cherry & Coconut
Sponge

Custard

FRIDAY

Battered Fish

Or

Roast Vegetable
Parcel

Baked Beans
Garden Peas

Chips

Rhubarb & Custard
Cake
Custard