

# George Spencer Academy

## Week 1

### MONDAY

Chicken & Mushroom in  
a Creamy Sauce  
Steamed Rice  
Garden Peas  
Leeks

OR

Vegetable Chow Mein  
Garden Peas  
Leeks  
Garlic Slice

Winter Sponge  
Custard

### TUESDAY

Spicy Beef Sausage  
Roll  
Roast Potatoes  
Baton Carrots

OR

Vegetarian Casserole  
Roast Potatoes  
Baton Carrots  
Green Cabbage

Plum & Cocoa Sponge  
Custard

### WEDNESDAY

Roast Beef  
Broccoli  
Brussels  
Creamed Potatoes

OR

Green Garden  
Vegetable Pie  
Broccoli  
Brussels  
Creamed Potatoes

Sticky Toffee Pudding  
Custard

### THURSDAY

Thai Red Curry  
Steamed Rice  
Garden Peas  
Green Beans  
Naan

OR

Sweet Chilli Halloumi  
Steamed Rice  
Garden Peas  
Green Beans  
Naan

Parsnip & Ginger Bars

### FRIDAY

Battered Fish  
Garden Peas  
Or  
Baked Beans  
Oven Wedges

OR

Vegetable & Bean  
Burrito  
Garden Peas  
or  
Baked Beans  
Oven Wedges

Chocolate Butterfly  
Cakes

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## Week 2

### MONDAY

Minced Beef  
Yorkshire Pudding Wrap  
Broccoli  
Green Beans  
Creamed Potatoes

OR

Broccoli Chilli & Lemon  
Spaghetti  
Broccoli  
Green Beans

Majorca Slice  
Custard

### TUESDAY

Caribbean Chicken  
Curry  
Steamed Rice  
Garden Peas  
Naan

OR

Stuffed Pepper with  
Vegetable Risotto  
Garden Peas  
Garlic Slice

Date Slice  
Custard

### WEDNESDAY

Roast Pork  
Boulangere Potatoes  
Baton Carrots  
Spring Cabbage

OR

Roast Vegetable &  
Pesto Wrap  
Boulangere Potatoes  
Baton Carrots  
Spring Cabbage

Rhubarb & Custard  
Cake  
Custard

### THURSDAY

Provencal Potatoes &  
Chicken  
Steamed Rice  
Roast Vegetables  
Naan

OR

Vegetarian Curry  
Steamed Rice  
Roast Vegetables  
Naan

Steamed Chocolate  
Sponge  
Chocolate Sauce

### FRIDAY

Salmon Fish Cake  
Baked Beans  
Or  
Garden Peas  
Oven Wedges

OR

Vegan Burrito  
Baked Beans  
Or  
Garden Peas  
Oven Wedges

Decorated  
Chocolate Muffin

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## Week 3

### MONDAY

Chilli Con Carne  
Steamed Rice  
Garden Peas

OR

Cheese & Broccoli  
Quiche  
New Potatoes  
Garden Peas  
Garlic Slice

Steamed Jam roll  
Custard

### TUESDAY

Chicken Leek &  
Mushroom Pie  
Roast Potatoes  
Broccoli  
Carrots

OR

Quorn Taco  
Roast Potatoes  
Broccoli  
Carrots

Upside down Berry  
Cake  
Custard

### WEDNESDAY

Roast Chicken  
Creamed Potatoes  
Cauliflower  
Broccoli

OR

Mushroom Toad in the  
Hole  
Creamed Potatoes  
Cauliflower  
Broccoli

Apple & Cocoa Sponge  
Custard

### THURSDAY

Beef Mexican Stack  
Roast Vegetables  
Garlic Slice

OR

Vegetable Balti  
Steamed Rice  
Roast Vegetables

Cornflake Tart  
Custard

### FRIDAY

Battered Fish  
Baked Beans  
Or  
Garden Peas  
Herby Dice

Or

Spicy Mushroom and  
Broccoli Noodles  
Baked Beans  
Or  
Garden Peas  
Garlic Slice

Decorated  
Shortbread Biscuits