

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday	
CHILLI TACOS Fresh minced beef cooked with onions, tomatoes, red peppers, kidney beans, chilli powder and stock, served in a Taco boat on a bed of Mexican rice	SCOUSE Chunks of diced beef cooked slowly with onions, carrots and potatoes in stock and served with crusty bread and beetroot	ROAST OF THE DAY Choose from our home roasted meat of the day or a Quorn fillet served with roast potatoes, seasonal vegetables and gravy	CHICKEN ROGAN JOSH Chicken pieces cooked with onions, garlic, ginger, peppers and tomatoes, chillies and spices. Served on a bed of rice	CHIP SHOP DAY Choose from battered cod fillet, fish fingers, fish cake or Quorn sausages all oven baked and served with chips Also available: Mushy Peas, Curry Sauce, Gravy, Bread and Butter	
OR	OR		OR		
HUNTERS CHICKEN A chicken breast topped with bacon, BBQ sauce and cheese and baked in the oven and served with savoury rice	SPAGHETTI BOLOGNAISE Fresh minced beef cooked with onions, garlic, tomatoes and herbs and served on a bed of spaghetti pasta		PIE OF THE DAY A pastry case filled with Chef's choice of filling and baked in the oven, served with mashed potatoes and gravy		
VEGETARIAN OPTION					
VEGETARIAN LASAGNE Vegimince cooked with onions, garlic, tomatoes and herbs, layered between pasta sheets and topped with a béchamel sauce	CAULIFLOWER & BROCCOLI BAKE Florets of cauliflower and broccoli in a creamy cheese sauce topped with cheese and baked in the oven	CREAMY QUORN CURRY Quorn pieces cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk, yogurt and stock, served on a bed of rice with Naan bread	QUORN CHOW MEIN Quorn pieces cooked with onions, garlic, red pepper, soy sauce, stock and egg noodles		
A selection of seasonal vegetables or mixed salad served daily with any main meal					
OR					
HOT ALTERNATIVES Hot Chicken Wraps, Pasta Bar, Jacket Potatoes and a Hand-held Snack available daily					
DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.					
FOR DESSERT					
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday					

MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday	
GAMMON STEAK A gammon steak cooked with a choice of an egg or a pineapple slice served with garlic and rosemary potatoes	ENCHILADAS A flour tortilla rolled and filled with fresh minced beef cooked with onions, peppers and chilli powder then topped with salsa and cheese and baked in the oven served with Mexican rice	ROAST OF THE DAY Choose from our home roasted meat of the day or a Quorn fillet served with roast potatoes, seasonal vegetables and gravy	LASAGNE Minced beef cooked with onions, garlic, courgettes, leeks, peppers, tomatoes and herbs then layered between sheets of lasagne pasta and topped with a béchamel sauce served with garlic bread	CHIP SHOP DAY Choose from battered cod fillet, fish fingers, fish cake or Quorn sausages all oven baked and served with chips Also available: Mushy Peas, Curry Sauce, Gravy, Bread and Butter	
OR	OR		OR		
CREAMY CHICKEN CURRY Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk, yogurt and stock, served on a bed of rice with Naan bread	BREADED TURKEY ESCALOPE A slice of turkey breast, flatted, then dipped in egg and then seasoned breadcrumbs and served with paprika wedges		MARINATED CHICKEN DRUMSTICKS Fresh chicken drumsticks marinated in a variety of sauces served with savoury rice		
VEGETARIAN OPTION					
VEGETABLE BURRITO A soft floured tortilla filled with Mexican rice, strips of Quorn and salsa, topped with sour cream and served with corn cobs	STUFFED SWEET POTATOES Oven baked sweet potatoes, scooped out and mixed with black beans, peppers and feta cheese and stuffed back in its jacket and baked again	VEGETABLE & LENTIL CURRY A selection of seasonal vegetables cooked with onions, garlic, garam masala, tomatoes and stock, and served on a bed of rice with Naan bread	MAC & CHEESE Macaroni pasta cooked and covered in a homemade cheese sauce and topped with grated cheese		
A selection of seasonal vegetables or mixed salad					
OR					
HOT ALTERNATIVE Hot Chicken Wraps, Pasta Bar, Jacket Potatoes and a Hand-held Snack available daily					
DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.					
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MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEEMA KEBABS Fresh minced lamb cooked with onions, garlic, ginger, garam masala, chillies and coriander, made into sausages and baked in the oven and served in a flatbread with shredded lettuce and savoury rice</p>	<p>COTTAGE PIE Fresh minced beef cooked with onions, carrots and stock, topped with homemade mashed potatoes and baked in the oven until golden</p>	<p>ROAST OF THE DAY Choose from our home roasted meat of the day or a Quorn fillet served with roast potatoes, seasonal vegetables and gravy</p>	<p>ITALIAN MEATBALLS Turkey meatballs served in a homemade tomato sauce with tagliatelle pasta</p>	<p>CHIP SHOP DAY Choose from battered cod fillet, fish fingers, fish cake or Quorn sausages all oven baked and served with chips</p> <p>Also available: Mushy Peas, Curry Sauce, Gravy, Bread and Butter</p>
OR	OR		OR	
<p>SAUSAGE CASEROLE Fresh butcher's sausages cooked with onions, peppers, tomatoes and paprika, served on a bed of homemade mashed potatoes</p>	<p>PIZZA SLICE A variety of pizza slices oven baked served with homemade potato wedges</p>	<p>VEGETARIAN OPTION</p>		
<p>QUORN BALLS IN TOMATOES & BASIL SAUCE Quorn balls and pasta spirals coated in a tomato and basil sauce and topped with cheese and baked in the oven until golden</p>	<p>SPICY CHICKPEA SPINACHE A LENTIL CURRY Chickpeas cooked with onions, garlic, ginger, cumin, coriander, turmeric and tomatoes, served on a bed of rice with Naan bread</p>	<p>SWEET & SOUR QUORN Quorn pieces cooked with onions, peppers and pineapple in a homemade sweet and sour sauce, and served on a bed of rice</p>	<p>VEGETARIAN COTTAGE PIE Vegimince cooked with, onions, carrots, tomatoes and herbs topped with a cheesy homemade mashed potato</p>	
<p>A selection of seasonal vegetables or mixed salad</p>				
<p>OR</p>				
<p>HOT ALTERNATIVE Hot Chicken Wraps, Pasta Bar, Jacket Potatoes and a Hand-held Snack available daily</p>				
<p>DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.</p>				
<p>FOR DESSERT</p>				
<p>A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday</p>				

RPJ3 Group – Facilities & Foodservice Consultancy and Audit, May 19



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