

Week 1

w/c
30 Oct
27 Nov
1 Jan
29 Jan
5 Mar

Day	Standard Meal	Vegetarian Meal	Veg for All	Dessert	Fresh Each Day
Mon	Beef Stew & Dumplings	Quorn Roast Dinner with Roast Potatoes	Carrots & Cauliflower	Gingerbread Men	NEW Jacket Potato with cheese/beans as a daily alternative.
Tues	Chicken Burger with savoury rice	Mac N Cheese with Garlic Bread	Peas & Sweetcorn	Jelly with Mandarins	Fruit Selection
Wed	Cheese & Tomato Pasta Bake with Garlic Bread	Sweet and Sour Veggies with Rice	Green Beans & Broccoli	Chocolate Sponge with Chocolate Custard	Organic Yoghurt
Thurs	Sausage & Mash	Veggie Burger in a bun	Mixed Veg	Fruity Flapjack	Wholemeal Bread
Fri	Fish Friday – Breaded fish fingers	Quorn Burger	Baked Beans	Coconut and Cherry Tart	

Week 2

w/c
6 Nov
4 Dec
8 Jan
5 Feb
12 Mar

Mon	Cheese & Tomato Pizza	Veggie Meatball Pasta Bake with a dough ball	Corn on the Cob	Pancakes with fruit and chocolate Sauce	NEW Jacket Potato with cheese/beans as a daily alternative.
Tues	Roast Turkey Dinner with Yorkshire Puds, Roast Potatoes and Stuffing	'Sausage' and Mash	Carrots & Cauliflower	Courgette and Lemon Cake	Fruit Selection
Wed	Spaghetti Bolognese with Dough Ball	Cottage Pie	Green Beans & Broccoli	Apple Crumble with custard	Organic Yoghurt
Thurs	Chicken Curry with Rice and Naan	Veggie Mince Chilli with Rice	Peas & Sweetcorn	Jammy tart	Wholemeal Bread
Fri	Breaded fish nuggets with criss cross fries	Vegetable Fingers with criss cross fries	Carrots & Peas	Fruit muffin	

Week 3

w/c
13 Nov
11 Dec
15 Jan
19 Feb
19 Mar

Mon	Sticky BBQ Chicken with Rice	Pastry Topped Vegetable Pie	Green Beans & Broccoli	Frozen toffee yoghurt	NEW Jacket Potato with cheese/beans as a daily alternative.
Tues	Roast Pork Dinner with Roast Potatoes and Gravy	Quorn Risotto and Garlic Bread	Cauliflower and Carrots	Jelly with mixed berries	Fruit Selection
Wed	Beefburger in a bun with a pasta salad	Roasted Vegetable Lasagne	Peas & Sweetcorn	Treacle Sponge with custard	Organic Yoghurt
Thurs	Potato & Cheese Pie	Cheese & Tomato Pizza	Mixed Veg	Cherry & Coconut Flapjack	Wholemeal Bread
Fri	Fish Friday – Battered Cod Fillet with chips	Vegetable Nuggets with chips	Baked Beans	Chocolate & Orange Tray Bake	

Week 4

w/c
20 Nov
18 Dec
22 Jan
26 Feb
26 Mar

Mon	Pork Meatballs and Pasta with Garlic Bread	Butternut Squash Curry with rice & naan	Peas & Sweetcorn	Fresh Yoghurt Selection	NEW Jacket Potato with cheese/beans as a daily alternative.
Tues	Chicken in Gravy with a Pastry Top	Spaghetti Bolognese with Garlic Bread	Cauliflower and Carrots	Apple & Blackberry Crumble with Custard	Fruit Selection
Wed	All Day Breakfast with Hashbrown	Vegetable Hot Pot	Baked Beans	Sultana & Oat Cookie	Organic Yoghurt
Thurs	Mild Beef Chilli with Rice	Goey Cheese & Tomato Pasta Bake	Mixed Veg	Fruity Cake	Wholemeal Bread
Fri	Breaded salmon fillet with cubed potatoes	Quorn Nuggets with cubed potatoes	Corn on the cob & Spaghetti Hoops	Rice Pudding with Raspberry Jam	

LCA + MSA Autumn/Winter Menu Cycle

These meals will take your child from Monday 30th October to Wednesday 28th March

You can also choose a **Jacket Potato** with Cheese/beans as an **alternative** every day.

In order to ensure that your child receives the free meal they are entitled to, **we will order EVERY child a daily meal*****, usually all standard dinners or all vegetarian if you have told us your child requires this.

Please make sure your child's **allergy information** is up to date with the school office as we will cater for these as long as we know.

If you would like your child to have the jacket potato option or to not have a meal on any day, please contact the school office or email

enquiries@lincolncarltonacademy.lincs.sch.uk

no later than 2 weeks prior to the date of the meal week

***If your child is in Nursery or Year 3 then meals can be ordered at £2.30 per

