

Week 4 Lindal and Marton Academy



Monday

Mild chilli con carne

Served with rice and garlic bread

Vegetable chilli

Jacket Potato – Beans & Cheese

Dessert

Ice-cream

Tuesday

Chicken pasta bake served in a creamy tomato sauce with green beans

Vegetable pasta bake

Jacket Potato – Bolognaise

Dessert

Cookie

Wednesday

Homemade Lasagne

Served with crusty bread

Quorn and vegetable kebabs

Jacket Potato – Tuna

Dessert

Brownie

Thursday

Chinese style chicken curry

Served with all the trimmings

Chinese style vegetable curry

Jacket Potato – Cheese

Dessert

Rice pudding

Friday

Baked Fish in Breadcrumbs

served with fries and peas

Jacket Potato – Vegetable curry

Dessert

Fruit muffin

Allergen information available upon request.