

WEEK 4

The Samworth Church Academy Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Spicy chicken fajita, flat bread £2.00	Cottage pie topped with cheesy mash £2.00	Roasted chicken, herb stuffing, pan gravy £2.00	Sweet & sour chicken £2.00	Breaded cod fillet, scampi, Derbyshire pork sausages £2.00
Vegtastic	Roasted vegetable haloumi fajita £2.00	Quorn cottage pie £2.00	Mushroom, sun blushed tomato, feta tart £2.00	Stir-fried Quorn & vegetable noodles £2.00	Thai vegetable curry with steamed rice £2.00
Sides	Savoury rice, baby roasted potatoes, peas & sweetcorn	Creamy mashed potato, cauliflower cheese, roast carrots	Herby roasted potatoes, seasonal vegetables	Steamed rice, prawn crackers, vegetable spring rolls	Chips, mushy peas, baked beans
Pasta station	Chicken & smoked bacon, mac & cheese £2.00	Italian sausage, Spinach & ricotta tortellini £2.00	Beef lasagne, mozzarella filled pasta £2.00	Pasta Bolognese, Spinach, sweet potato lasagne £2.00	Spicy meat balls, penne arrabiata £2.00
Hot Deli	Chicken burger on a brioche bun £1.90	Meatball marinara, with herby roll £1.90	Spicy chicken strips with tangy salsa, tiger bun £1.90	BBQ chicken Wraps £1.90	Homemade pizza slice £1.30
Street food	Freshly baked jacket potatoes with assorted fillings & freshly made side salad, Hot sandwiches with assorted fillings				
Salad & Deli	A wide selection of freshly made salads, sliced meats, pickles, olives & dressing with homemade quiche & locally baked breads				
Something Sweet	Lemon, sultana & poppy seed pudding 90p	Forest berry & apple crumble 90p	Lemon meringue cheese cake 90p	Chocolate orange sponge pudding 90p	Carrot cake 90p
Also available a selection of fresh salads, cakes, fruit pots and a range of cold drinks and milks. For all dietary requirements please ask a member of staff					