

WEEK 1

MONDAY

MEAT CHOICE	Bolognese Sauce
VEGGIE CHOICE	Tomato & Basil Sauce (GF)
GRAB AND GO	Pizza Baguettes
SIDES	Penne Pasta (GF), Green Salad
SWEET	Vanilla Sponge & Custard

TUESDAY

MEAT CHOICE	Tandoori Chicken Curry (GF)
VEGGIE CHOICE	Spinach, Lentil & Sweet Potato Balti
CHEF'S CHOICE	Beef Burger
SIDES	Pilau Rice, Tandoori Sala
SWEET	Chocolate Sponge & Custard



MENU @ JCB ACADEMY

AVAILABLE DAILY

Selection of Salads
Jacket Potato with Various Fillings
Sandwiches & Baguettes
Chef's Selection Grab & Go Cake
(GF) = GF alternative option available

LUNCH DEAL 1

MAIN MEAL WITH CAKE & DRINK

£3.50

LUNCH DEAL 2

MAIN MEAL WITH CAKE OR
DRINK

£3.00

WEDNESDAY

MEAT CHOICE	Chicken Skewers with Lemonslaw (GF)
VEGGIE CHOICE	Tomato & Pasta Bake
CHEF'S CHOICE	BBQ Pulled Pork
SIDES	Rice & Peas, Flat Breads, Stir-Fried Vegetables
SWEET	Rice Krispie Cake

THURSDAY

MEAT CHOICE	Chicken & Vegetable Pie
VEGGIE CHOICE	Quorn Chilli Con Carne with Tortilla Chips
CHEF'S CHOICE	Southern Fried Chicken Burger
SIDES	Creamy Mash Potato, Carrots, Peas
SWEET	Apple Crumble & Custard

FRIDAY

MEAT CHOICE	BBQ Chicken Macaroni & Cheese
VEGGIE CHOICE	Cauliflower Bites
CHEF'S CHOICE	HotDog & Onions
SIDES	Herby Diced Potatoes, Baked Beans
SWEET	Home Baked Cookies

WEEK 2

MONDAY

MEAT CHOICE	Beef Meatballs in Tomato Sauce
VEGGIE CHOICE	Pizza Baguettes, Tomato Sauce (GF)
CHEF'S CHOICE	Orzo Pasta with Chorizo & Spinach
SIDES	Pasta Twists, Coleslaw, Mixed Salad
SWEET	Flapjack with Custard

TUESDAY

MEAT CHOICE	Katsu Chicken Curry Curry Chicken Pieces (GF)
VEGGIE CHOICE	Battered Cauliflower
CHEF'S CHOICE	Chicken Burger
SIDES	Braised 50/50 Rice, Stir-Fried Vegetables
SWEET	Sticky Toffee Sponge with Custard



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£3.50

LUNCH DEAL 2

MAIN MEAL WITH CAKE OR
DRINK
£3.00

WEDNESDAY

MEAT CHOICE	Butcher's Sausage & Onion Gravy Chicken Sausage (GF)
VEGGIE CHOICE	Vegetarian Cumberland Sausage & Onion Gravy
CHEF'S CHOICE	Spicy Chicken Baguettes
SIDES	Mashed Potatoes, Garden Peas
SWEET	Pear & Chocolate Sponge with Custard

THURSDAY

MEAT CHOICE	Cottage Pie
VEGGIE CHOICE	Quorn Roast Fillets
CHEF'S CHOICE	Pizza Baguettes
SIDES	New Potatoes, Broccoli, Carrots
SWEET	Apple Crumble with Custard

FRIDAY

MEAT CHOICE	Battered Fish
VEGGIE CHOICE	Cheese & Onion Pasty Gluten Free Pizza (GF)
CHEF'S CHOICE	Beef Burger
SIDES	Chips, Beans, Mushy Peas
SWEET	Coconut & Jam Sponge with Custard

WEEK 3

MONDAY

MEAT CHOICE	Cantonese Chicken Mediterranean Chicken (GF)
VEGGIE CHOICE	Veggie Chow Mein
CHEF'S CHOICE	Cheese Burger
SIDES	Roasted Vegetable Rice, Sweetcorn
SWEET	Syrup Sponge & Custard

TUESDAY

MEAT CHOICE	Lasagne & Garlic Bread
VEGGIE CHOICE	Tomato & Pasta Bake (GF)
CHEF'S CHOICE	BBQ Smokey Chicken Rolls
SIDES	New Potatoes, Green Salad
SWEET	Lemon Drizzle Cake & Custard



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MAIN MEAL WITH CAKE & DRINK
£3.50

LUNCH DEAL 2

MAIN MEAL WITH CAKE OR
DRINK
£3.00

WEDNESDAY

MEAT CHOICE	Chicken Chow Mein Chicken & Veg Stir Fry (GF)
VEGGIE CHOICE	Tofu & Steamed Green Vegetables
CHEF'S CHOICE	Pizza Baguettes
SIDES	Boiled Rice, Steamed Vegetables
SWEET	Cookies

THURSDAY

MEAT CHOICE	Beef & Vegetable Pie
VEGGIE CHOICE	Vegan Burgers
CHEF'S CHOICE	Piri Piri Chicken & Flatbreads
SIDES	Mash Potato, Carrots & Broccoli
SWEET	Apple Flapjack & Custard

FRIDAY

MEAT CHOICE	Southern Fried Chicken Burger
VEGGIE CHOICE	Jamaican Veg Burger Pizza (GF)
CHEF'S CHOICE	Macaroni Cheese
SIDES	Potato Wedges, Garden Peas
SWEET	Carrot Cake