Middlesbrough School Meals

Primary School 3 Week Menu Cycle

Nutritious, balanced and freshly prepared meals your children will love.

Middlesbrough moving forward

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	Homemade pizza with oven baked wedges OR Quorn meatballs in tomato sauce with pasta --- Sweetcorn, carrot and peas --- Pear crumble with custard --- Watermelon topped pizza	Roast chicken, stuffing and Yorkshire pudding with mashed potato OR Macaroni cheese --- Broccoli, swede and sweetcorn --- Chocolate and beetroot brownie --- Strawberry Greek yoghurt	Beef and veg stew with dumplings and mashed potato OR Popeye veggie lasagne --- Seasonal veg selection --- Banana muffin --- Banana muffin	Chicken curry with 50/50 rice OR Quorn cottage pie --- Cauliflower and green beans --- Oaty biscuit --- Vanilla rice pudding with pears	Fish fingers with chips OR Omelette with chips --- Peas and beans --- Marble sponge with chocolate custard --- Crackers and cheese	EYFS
WEEK 2	Pizza wrap with oven baked wedges OR Cheese and broccoli quiche --- Sweetcorn, broccoli and carrots --- Peach flapjack --- Banana oat bread	BBQ chicken with baby boiled potatoes OR Veggie taco's --- Corn on the cob and peas --- Carrot cake --- Peach smoothie	Cottage pie OR Quorn sausage and mash --- Seasonal veg selection --- Chocolate fudge cake with oranges --- Apple and oat muffin	Chicken tikka with 50/50 rice OR Cheese roll with mashed potato --- Peas and baby carrots --- Viennese biscuit --- Cheese and cracker	Salmon fishcake with chips OR Quorn tomato pasta --- Peas and beans --- Iced lemon sponge --- Banana ice cream	EYFS
WEEK 3	Pizza pinwheels with oven baked wedges OR Quorn bolognaise pasta bake --- Sweetcorn, broccoli and green beans --- Pear sponge with custard --- Peach Greek yoghurt	Beef lasagne with baby boiled potatoes OR Quorn chicken casserole --- Peas and corn on the cob --- Sticky toffee pudding --- Bake blueberry cheesecake	Toad in the hole with mashed potato OR Chicken curry with 50/50 rice OR Jacket with cheese --- Seasonal veg selection --- Rice pudding with peaches --- Banana rice pudding	Chicken and vegetable pie with baby boiled potatoes OR Quorn burger in a bun --- Cabbage, swede and carrots --- Jam and coconut sponge and custard --- Crackers and cheese	Fish portion with chips OR Tomato pasta --- Peas and beans --- Fruit jelly with ice cream --- Banana and custard	EYFS

FRESH FRUIT & SALAD BAR

- Fresh seasonal fruit selection and yoghurts
- Crisp salad bar including lettuce, cucumber, tomatoes, sweetcorn and grated carrot
- A selection of bread
- Drinking water and milk available daily

Please note: Items may vary depending on seasonal availability



Theme days will be catered for throughout the year and will be agreed with the school.

If your child has any allergies or dietary requirements, please contact the school office.

Menu term dates

Week 1	Week 2	Week 3
October 5th	October 12th	October 19th
November 2nd	November 9th	November 16th
November 23rd	November 30th	December 7th
December 14th	January 4th	January 11th
January 18th	January 25th	February 1st
February 8th		

Sandwiches and Jacket Potato Choices
These options will be available daily as follows:

Monday – Cheese sandwich or wrap
Tuesday – Jacket potato with tuna mayonnaise
Wednesday – Ham sandwich or wrap
Thursday – Tuna mayonnaise sandwich or wrap
Friday – Jacket potato with beans