

WEEK

1

Eatwell
Fresh-Healthy-Filling



Magnus Academy Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Main Event

Katsu Chicken with Curry Sauce

Local pork sausages , Yorkshire pudding , pan gravy

Honey roasted bacon loin , red currant gravy

Chicken in Black bean sauce with green peppers

Breaded haddock fillet or local pork sausages

Vegtastic

Butternut squash, spiniach & chick pea curry

Vegan cottage pie

Spinach , mushroom & cheddar strudel

Sweet chilli vegetables

Vegetable lasagne

Sides

Steamed Rice
Garlic & Corriander naan bread

Creamy mashed potato ,
selection of seasonal
vegetables

Roasted potatoes , roasted
carrots , green beans

Egg noodles , Prawn crackers

Chips , Mushy peas , Baked
Beans, Gravy

**Taste of Italy
(Pasta Bar)**

Penne pasta arrabiata
Bolognaise

Chicken & Bacon Creamy Pasta
Penne pasta arrabiata

Tomato & chorizo
Penne pasta arrabiata

Pasta Bolognaise
Penne pasta arrabiata

Meatball Pasta
Penne pasta arrabiata ,

Salad & Deli

A wide selection of freshly made salads, sliced meats, pickles, olives & dressing with home quiche & locally bake breads

Baked Potato Bar

Freshly baked potato with a choice of two fillings & fresh salad

Something Sweet

Chocolate & Orange
Sponge and Custard

Apple & Blackberry Crumble
and Custard

Banoffee Pie

Eves Pudding & Custard

Homemade Cheesecake

**Also available a selection of fresh salads, cakes, fruit pots and a range of cold drinks and milks.
For all dietary & allergen requirements please ask a member of staff**

WEEK

2

Eatwell
Fresh-Healthy-Filling



Magnus Academy Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Main Event

Baked chicken tikka

Beef Chilli & Rice

Roasted loin of pork , sage & onion stuffing , apple sauce

Chicken & Leek Pie

Breaded haddock fillet or local pork sausages

Vegtastic

Vegan sweet potato , spinach & chickpea dansak

Vegan Chilli & Rice

Caramilised Onion & Sweet Potato Frittata

Leek & Cheddar Tart

Crispy tempura vegetables

Sides

Garlic Nan bread , pilau rice , potato saag aloo

Tacos & Cajun wedges

Roast carrots & potatoes , garden peas , Yorkshire pudding & Gravy

Creamy Mashed Potato , Seasonal mixed veg & Gravy

Chips , mushy peas , baked beans, gravy

Taste of Italy (Pasta Bar)

Pasta Bolognaise
pasta arrabiata

Chicken & Mascarpone
Penne pasta arrabiata

Spicy Sausage Pasta
pasta arrabiata

Baked mac & cheese
pasta arrabiata

Meatball Pasta
pasta arrabiata

Salad & Deli

A wide selection of freshly made salads, sliced meats, pickles, olives & dressing with home quiche & locally bake breads

Baked Potato Bar

Freshly baked potato with a choice of two fillings & fresh salad

Something Sweet

Golden syrup Sponge & Custard

Apple & Pear Crumble & Custard

Homemade cheesecake

Chocolate Chip sponge & Custard

Strawberry Trifle

**Also available a selection of fresh salads, cakes, fruit pots and a range of cold drinks and milks.
For all dietary & allergen requirements please ask a member of staff**

WEEK

3

Eatwell
Fresh-Healthy-Filling



Magnus Academy Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Main Event

Beef casorole & Dumplings

Katsu chicken with curry sauce

Roast Chicken Breast &
Yorkshire pudding

Sweet & Sour Pork

Breaded haddock fillet or local
pork sausages

Vegtastic

Roasted Vegetable Tart

Butternut squash, spiniach &
chick pea currySpiniach, mushroom & cheddar
strudelVegan Sweet & Sour
vegetables

Roasted Vegetable enchilades

Sides

Creamy mashed potato &
mixed seasonal vegSteamed Rice
Garlic & Corriander naan breadRoast carrot & potatos, green
beans & gravyEgg fried Rice & Prawn
crackersChips , mushy peas , baked
beansTaste of Italy
(Pasta Bar)Crispy Bacon Mac & Cheese
Penne pasta arrabiataChorizo Pasta
Penne pasta arrabiataPasta Bolognaise , penne
arrabiataBeef Lasagna
Penne pasta arrabiataMeatball Pasta
Penne pasta arrabiata

Salad & Deli

A wide selection of freshly made salads, sliced meats, pickles, olives & dressing with home quiche & locally bake breads

Baked Potato Bar

Freshly baked potato with a choice of two fillings & fresh salad

Something Sweet

Eaton Mess

Pineapple Upside down
cake with custard

Homemade cheesecake

Jam Sponge & custard

Banoffe Pie

Also available a selection of fresh salads, cakes, fruit pots and a range of cold drinks and milks.
For all dietary & allergen requirements please ask a member of staff