

The Archer Academy lunch menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Homemade Chicken Curry with Wholemeal Rice	Oven Baked Sausages with Creamy Mashed Potatoes	Roast Chicken with Stuffing and Roast Potatoes	Homemade Shepherds Pie with a Cheesy Topping and Organic Bread	Oven Baked Fish Fingers with Oven Baked Chips
Vegetarian Main Meal	Homemade Cheese Flan with New Potatoes	Homemade Vegetable Chilli with Wholemeal Rice	Homemade Mushroom Stroganoff with Wholemeal Rice	Homemade Stuffed Peppers with Broccoli	Wholemeal Spicy Quorn Wrap with Salad
Pasta Main Meal	Homemade Pasta Provencal	Homemade Vegetarian Lasagne with Garlic Bread	Homemade Quorn Bolognese with Pasta	Homemade Macaroni Cheese	Homemade Fiorentina Pasta Bake
Jacket Potato Main Meal	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Salad Main Meal	Salad Box	Salad Box	Salad Box	Salad Box	Salad Box
Vegetables	Fresh Broccoli or Help Yourself Salad Bar	Sweetcorn or Help Yourself Salad Bar	Garden Peas or Help Yourself Salad Bar	Fresh Carrots or Help Yourself Salad Bar	Garden Peas or Help Yourself Salad Bar
Gravy			Gravy		
Dessert	Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt				

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lemon Roasted Chicken Drumsticks with Jollof Rice	Homemade Beef and Vegetable Pie with Creamy Mashed Potatoes	Southern Fried Chicken in a Bap with Oven Baked Jacket Wedges	Homemade Chilli Con Carne with Wholemeal Rice	Oven Baked Fish Fingers with Oven Baked Chips
Vegetarian Main Meal	Homemade Vegetable Curry with Wholemeal Rice	Quorn Sausages with Creamy Mashed Potatoes	Homemade Spicy Cheese Tortillas with Baked Beans and Salad	Homemade Cheese Flan with New Potatoes	Homemade Quorn Stir Fry in a Sweet and Sour Sauce with Noodles
Pasta Main Meal	Homemade Tagliatelle Carbonara	Penne Pasta with Sweet Tomato and Basil Sauce	Homemade Tuna and Pasta Bake	Homemade Lasagne with Organic Bread	Homemade Chicken Pasta Bake
Jacket Potato Main Meal	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Salad Main Meal	Salad Box	Salad Box	Salad Box	Salad Box	Salad Box
Vegetables	Fresh Cabbage or Help Yourself Salad Bar	Fresh Carrots or Help Yourself Salad Bar	Fresh Broccoli or Help Yourself Salad Bar	Sweetcorn or Help Yourself Salad Bar	Garden Peas or Help Yourself Salad Bar
Gravy	Gravy	Gravy		Gravy	
Dessert	Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Homemade Chicken Pie with Creamy Mashed Potatoes	Oven Baked Breaded Fish with Oven Baked Chips	Homemade Piri Piri Chicken with Jollof Rice	Roast Chicken with Stuffing and Roast Potatoes	Homemade Meat Balls in Tomato Sauce with Wholemeal Rice
Vegetarian Main Meal	Homemade Sweet Potato and Lentil Korma with Wholemeal Rice	Vegeburger in a Bap with Corn on the Cob and Coleslaw	Homemade Quorn Cottage Pie with Organic Bread	Quorn Roast with Roast Potatoes	Homemade Cheese Flan with New Potatoes
Pasta Main Meal	Homemade Pasta Bolognaise	Homemade Sweet and Sour Chicken with Noodles	Homemade Vegetarian Lasagne with Organic Bread	Homemade Macaroni Cheese	Penne Pasta with Sweet Tomato and Basil Sauce
Jacket Potato Main Meal	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Salad Main Meal	Salad Box	Salad Box	Salad Box	Salad Box	Salad Box
Vegetables	Fresh Carrots or Help Yourself Salad Bar	Garden Peas or Help Yourself Salad Bar	Sweetcorn or Help Yourself Salad Bar	Fresh Broccoli or Help Yourself Salad Bar	Garden Peas or Help Yourself Salad Bar
Gravy	Gravy			Gravy	Gravy
Dessert	Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt				

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Homemade Wholemeal Tuna Wrap with Corn on the Cob	Homemade Chicken Korma with Wholemeal Rice	Homemade Pasta Bolognese	Homemade Cajun Chicken Drumsticks with Jollof Rice	Homemade Beefburger in a Bap with Tomato Relish and Oven Baked Chips
Vegetarian Main Meal	Homemade Quorn Chilli with Wholemeal Rice	Homemade Spicy Cheese Tortillas with Baked Beans and Salad	Homemade Vegetarian Caribbean Jerk Stew with Wholemeal Rice	Homemade Roasted Vegetables with Jollof Rice	Salmon and Lime Fish Cakes with Oven Baked Chips
Pasta Main Meal	Homemade Lasagne with Organic Bread	Quorn Sausages with Mushroom and Tomato Pasta	Homemade Tuna and Pasta Bake	Homemade Fiorentina Pasta Bake	Homemade Tagliatelle with Stilton and Mushrooms
Jacket Potato Main Meal	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Salad Main Meal	Salad Box	Salad Box	Salad Box	Salad Box	Salad Box
Vegetables	Sliced Green Beans or Help Yourself Salad Bar	Fresh Broccoli or Help Yourself Salad Bar	Fresh Carrots or Help Yourself Salad Bar	Garden Peas or Help Yourself Salad Bar	Sweetcorn or Help Yourself Salad Bar
Gravy			Gravy	Gravy	
Dessert	Choose from a daily selection of Homemade Cakes, Desserts, Biscuits and Organic Fruit Yogurt				