

SUN ACADEMY – WEEK ONE

Autumn/Winter 2024/25

Monday

Tuesday

Wednesday

Thursday

Friday

**McMonday's Ultimate
Cheeseburger**
Served with Crispy Diced
Potatoes and Sweetcorn

Beef Bolognaise
Minced Beef in
a rich Ragu with
Pasta and Garlic Bread

Roast Beef
Served with Roast and
Mash Potatoes,
Seasonal Vegetables &
Yorkshire Pudding

Chicken Curry
with Fluffy Rice, Naan
Bread & Mango Chutney

Fish & Chips
Battered Fish served with
Chips, Peas or Baked Beans

Marinated Quorn Pieces
and Salad wrapped in a
Flour Tortilla with Crispy
Diced
Potatoes and Sweetcorn

Planet-Friendly
Meatballs with Tomato
Sauce and Wholewheat
Pasta (ve)

Veggie Shepherds Pie
Quorn Mince cooked
with Vegetables and
topped with Creamy
Mashed Potato (v)

Cheesy Bean Wrap with
Mini Waffles and
Vegetables

Selection of Pizzas
Served with Chips, Peas
or Baked Beans

Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar

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Ham, Cheese or Tuna
Sandwiches
Salad Bar

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Ham, Cheese or Tuna
Sandwiches
Salad Bar

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Ham, Cheese or Tuna
Sandwiches
Salad Bar

Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar

Iced Sponge Cake,
Yoghurt or Fruit

Toffee Sponge
with Custard,
Yoghurt or Fruit

Chocolate Brownie,
Yoghurt or Fruit

Flapjack,
Yoghurt or Fruit

Belgian Waffle
Fruit Toppings,
Yoghurt or Fruit

**Main
Option One**

**Main
Option Two**

Daily

Dessert

Academy
Transformation
Trust

**Allergen information may be
obtained verbally by contacting the
Catering Manager/ Supervisor on**

(ve) vegan
(v) vegetarian



Lower Carbon Footprint

SUN ACADEMY – WEEK TWO

Autumn/Winter 2024/25

Monday

Tuesday

Wednesday

Thursday

Friday

**Hotdog
with Crispy Diced Potatoes
and Sweetcorn & Garden
Peas**

**Beef Lasagne
Minced Beef in Rich
Tomato Ragu, Pasta &
Cheese Sauce with Garlic
Bread**

**Sausage & Mash
Pork Sausage with Creamy
Mash and Seasonal
Vegetables**

**Southern-fried Chicken
With Baked Potato Wedges
and Corn on the Cob**

**100% Cod Fish fingers
Served with Chips, Mushy
Peas, Garden Peas or Baked
Beans
Chip Shop Curry Sauce**

**Cheese & Potato Pie
Served with Sweetcorn or
Baked Beans
(v)**

**Cheese Plait
With
Curly Fries
Mixed Vegetables**

**Plant-Powered Sausage
with Creamy Mash,
Seasonal Vegetables &
Trimmings (v)**

**Pizza Pinwheel
With Baked Potato Wedges
and Corn on the Cob (v)**

**Quorn Dippers & Dipping
Sauce
served with Chips, Mushy
Peas, Garden Peas or Baked
Beans**

**Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar**

**Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar**

**Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar**

**Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar**

**Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar**

**Lemon Muffin,
Yoghurt or Fruit**

**Chocolate Sponge
with Chocolate Sauce,
Yoghurt or Fruit**

**Eton Mess
Whipped Cream, Crushed
Meringue & Berries,
Yoghurt or Fruit**

**Sicilian Cookie,
Yoghurt or Fruit**

**American Style Pancakes
Fruit Toppings,
Yoghurt or Fruit**

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SUN ACADEMY - WEEK THREE

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Monday

Tuesday

Wednesday

Thursday

Friday

Meatball Sub Roll
Topped with Cheese and
served with crispy Potato
Cubes and Sweetcorn
(v)

**Minced Beef & Vegetable
Pie**
with
Mashed Potatoes &
Vegetables

Roast Chicken
Seasonal Vegetables, Herb
Stuffing, Roast and Mash
Potatoes & Gravy

**Marinated Chicken and
Salad wrapped in a Flour
Tortilla with Baked Potato
Wedges**

**Flipper Dippers served with
Chips, Peas or Baked Beans**

Cheesy Bean Burrito
Served with Crispy Potato
Cubes and Sweetcorn
(v)

Vegetarian Curry
with
Rice, Naan Bread & Mango
Chutney

**Planet-friendly Toad
in the Hole**
Served with Seasonal
Vegetables, Roast Potatoes
and Gravy (v)

Quorn Nuggets
Served with Baked Potato
Wedges and Salad (v)

Selection of Pizzas
Served with Chips, Peas
or Baked Beans (v)

Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar

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Ham, Cheese or Tuna
Sandwiches
Salad Bar

Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar

Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar

Jacket Potatoes
Ham, Cheese or Tuna
Sandwiches
Salad Bar

Jam & Coconut Sponge
with Custard,
Yoghurt or Fruit

Mixed Berry Blondie,
Yoghurt or Fruit

Fruit Jelly,
Yoghurt or Fruit

Chocolate Orange Cake,
Yoghurt or Fruit

Ice Cream
Fruit & Sauce Toppings,
Yoghurt or Fruit

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Option One**

**Main
Option Two**

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