










HOPE ACADEMY MENU CYCLE WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Sausage & Mash Choose from traditional pork sausages or Quorn sausages served with mashed potatoes, peas and gravy</p> 	 <p>Hanandos Chicken Day Choose your marinated chicken or Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs</p>	<p>Curry Day Choose from a selection of authentic curries, meat and vegetarian options available. Served with pilau rice, Naan bread and vegetables</p> <p>Onions Bhaji's & Mango Chutney available as a side order</p> 	 <p>Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings</p>	<p>Fish and Chip Day Choose from freshly battered cod fillets, cod fillet fish fingers or Quorn nuggets oven baked and served with chips and mushy peas</p> <p>Buttered barmes, gravy and curry sauce also available</p> 	
CARB BAR – Available Everyday					
	<p>Various Sandwiches A traditional handheld snack such as pizza, burger in a bun, sausage rolls, etc Jacket Potatoes with various fillings Pasta King – Pasta, Rice or Noodles (changes daily) served with a selection of sauces</p> 				<p>DIRTY FRIES FRIDAY Fries topped with a choice of toppings, then add a – crispy onions, grated cheese, jalapenos, or crispy bacon bits</p> 
FOR DESSERT					
<p>A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday</p>					












HOPE ACADEMY MENU CYCLE WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Spaghetti Bolognese Fresh minced beef cooked with onions, garlic, tomatoes and herbs, served on a bed of spaghetti pasta with garlic bread & green beans</p> 	 <p>Hanandos Chicken Day Choose your marinated chicken or Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs</p>	<p>Curry Day Choose from a selection of authentic curries, meat and vegetarian options available. Served with pilau rice, Naan bread and broccoli</p> <p>Onions Bhaji's & Mango chutney available as a side order</p> 	 <p>Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings</p>	<p>Fish and Chip Day Choose from freshly battered cod fillets, cod fillet fish fingers or Quorn nuggets oven baked and served with chips and mushy peas</p> <p>Buttered barm, gravy and curry sauce also available</p> 	
CARB BAR – Available Everyday					
	<p style="text-align: center;">Various Sandwiches A traditional handheld snack such as pizza, burger in a bun, sausage rolls, etc Jacket Potatoes with various fillings Pasta King – Pasta, Rice or Noodles (changes daily) served with a selection of sauces</p> 				<p>DIRTY FRIES FRIDAY Fries topped with a choice of toppings, then add a – crispy onions, grated cheese, jalapenos, or crispy bacon bits</p> 
FOR DESSERT					
<p>A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday</p>					



HOPE ACADEMY MENU CYCLE WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Brunch Choose five items: Bacon, Sausage, Quorn Sausage, Scrambled Egg, Baked Beans, Hash Browns, Toast, Mushrooms and Tomatoes</p> 	 <p>Hanandos Chicken Day Choose your marinated chicken or Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs</p>	<p>Curry Day Choose from a selection of authentic curries, meat and vegetarian options available. Served with pilau rice, Naan bread and broccoli</p> <p>Onions Bhaji's & Mango chutney available as a side order</p> 	 <p>Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings</p>	<p>Fish and Chip Day Choose from freshly battered cod fillets, cod fillet fish fingers or Quorn nuggets oven baked and served with chips and mushy peas</p> <p>Buttered barm, gravy and curry sauce also available</p> 	
CARB BAR – Available Everyday					
	<p>Various Sandwiches A traditional handheld snack such as pizza, burger in a bun, sausage rolls, etc Jacket Potatoes with various fillings Pasta King – Pasta, Rice or Noodles (changes daily) served with a selection of sauces</p> 				<p>DIRTY FRIES FRIDAY Fries topped with a choice of toppings, then add a – crispy onions, grated cheese, jalapenos, or crispy bacon bits</p> 
FOR DESSERT					
<p>A selection of home bakery items available every day: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday</p>					

