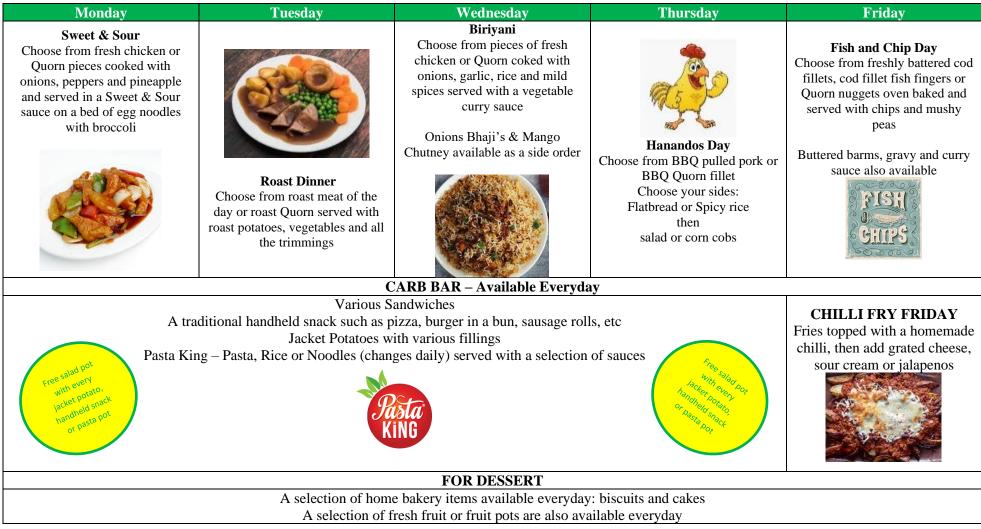


HOPE ACADEMY MENU CYCLE WEEK 1



RPJ3 Group – Facilities & Foodservice Consultancy and Audit, April 2022



HOPE ACADEMY MENU CYCLE WEEK 2

| Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|---|--|--|--|--|--|--|--|
| Lasagne Choose from fresh minced beef or Vegimince cooked with onions, garlic, tomatoes and herbs, then layered between pasta sheets and topped with a béchamel sauce, baked in the oven and served with salad | Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings | Thai Curry Choose from fresh chicken or Quorn pieces served in a Thai curry of the day (Red or Green), on a bed of rice with broccoli Onions Bhaji's & Mango chutney available as a side order | Hanandos Chicken Day Choose from marinated chicken or Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs | 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 Buttered barms, gravy and curry sauce also available | | | |
| CARB BAR – Available Everyday | | | | | | | |
| A tra Pasta Kin Pasta Kin Pasta kin potato, potato, pota pot | FISH FINGER BARM A barm cake filled with lettuce, mayo and fish fingers | | | | | | |
| FOR DESSERT | | | | | | | |
| A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday | | | | | | | |



HOPE ACADEMY MENU CYCLE WEEK 3

| Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|--|---|--|--|---|--|--|--|
| Brunch Choose five items: Bacon, Sausage, Quorn Sausage, Scrambled Egg, Baked Beans, Hash Browns, Toast, Mushrooms and Tomatoes | Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings | Katsu Curry Choose from a breaded chicken or Quorn fillet served on a bed of basmati rice, with a homemade Katsu curry sauce and broccoli Onions Bhaji's & Mango chutney available as a side order | Hanandos Day Hanandos Day Choose from Pulled Spicy Beef or Spicy Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs | 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 Buttered barms, gravy and curry sauce also available Fifth Colspan="2">Fifth Colspan="2">Colspan="2" Colspan="2">Colspan="2" Colspan="2">Colspan="2" Colspan="2" Colspan="2" <td c<="" td=""></td> | | | |
| CARB BAR – Available Everyday | | | | | | | |
| A trac Free salad pot with every lacket potato, sandwich or pasta pot | CHILLI FRY FRIDAY Fries topped with a homemade chilli, then add grated cheese, sour cream or jalapenos | | | | | | |
| FOR DESSERT | | | | | | | |
| A selection of home bakery items available every day: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday | | | | | | | |

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