










HOPE ACADEMY MENU CYCLE WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sweet & Sour Choose from fresh chicken or Quorn pieces cooked with onions, peppers and pineapple and served in a Sweet & Sour sauce on a bed of egg noodles with broccoli</p> 	 <p>Roast Dinner Choose from roast meat of the day or roast Quorn served with roast potatoes, vegetables and all the trimmings</p>	<p>Biriyani Choose from pieces of fresh chicken or Quorn coked with onions, garlic, rice and mild spices served with a vegetable curry sauce</p> <p>Onions Bhaji's & Mango Chutney available as a side order</p> 	 <p>Hanandos Day Choose from BBQ pulled pork or BBQ Quorn fillet Choose your sides: Flatbread or Spicy rice then salad or corn cobs</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 barms, 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> <div style="display: flex; justify-content: space-between;"> <div style="border: 2px solid green; border-radius: 50%; background-color: yellow; padding: 10px; text-align: center;"> <p>Free salad pot with every jacket potato, handheld snack or pasta pot</p> </div> <div style="text-align: center;">  </div> <div style="border: 2px solid green; border-radius: 50%; background-color: yellow; padding: 10px; text-align: center;"> <p>Free salad pot with every jacket potato, handheld snack or pasta pot</p> </div> </div>				<p>CHILLI FRY FRIDAY Fries topped with a homemade chilli, then add grated cheese, sour cream or jalapenos</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>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</p> 	 <p style="text-align: center;">Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings</p>	<p style="text-align: center;">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</p> <p style="text-align: center;">Onions Bhaji's & Mango chutney available as a side order</p> 	 <p style="text-align: center;">Hanandos Chicken Day Choose from marinated chicken or Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs</p>	<p style="text-align: center;">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 style="text-align: center;">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> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 2px solid green; border-radius: 50%; background-color: yellow; padding: 10px; text-align: center; width: 15%;"> <p style="color: green; font-size: small;">Free salad pot with every jacket potato, sandwich or pasta pot</p> </div> <div style="text-align: center;">  </div> <div style="border: 2px solid green; border-radius: 50%; background-color: yellow; padding: 10px; text-align: center; width: 15%;"> <p style="color: green; font-size: small;">Free salad pot with every jacket potato, sandwich or pasta pot</p> </div> </div>				<p style="text-align: center;">FISH FINGER BARM A barm cake filled with lettuce, mayo and fish fingers</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>Roast Dinner Choose from roast meat of the day or lentil bake served with roast potatoes, vegetables and all the trimmings</p>	<p>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</p> <p>Onions Bhaji's & Mango chutney available as a side order</p> 	 <p>Hanandos Day Choose from Pulled Spicy Beef or Spicy Quorn Choose your sides: Flatbread or Spicy rice then salad or corn cobs</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> 
<p>CARB BAR – Available Everyday</p>				
	<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>CHILLI FRY FRIDAY Fries topped with a homemade chilli, then add grated cheese, sour cream or jalapenos</p> 
<p>FOR DESSERT</p>				
<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>				