



MAYESBROOK SCHOOL MENU



WEEK ONE

MONDAY

MAIN

Chickpea & Lentil Curry served with 50/50 Rice

or

Crispy Margherita Pizza

SIDE

Sweetcorn & Peas

DESSERT

Fresh Fruit
Selection of Yogurt

WEEK TWO

MAIN

Crispy Margherita Pizza

or

Veggie Sizzle Sausage Served with Root Mash Potato

SIDE

Wilted Greens & Sweetcorn

DESSERT

Fresh Fruit
Selection of Yogurt

TUESDAY PASTA KING

MAIN

Zig Zag Lasagne

or

Halal and Non Halal Pomodoro Spaghetti Meatballs

SIDE

Carrots & Broccoli

DESSERT

Berries Jelly Trifle

MAIN

Wholesome Mac & Cheese

or

Halal and Non Halal Sticky Beef with Carrot Rice

SIDE

Baked Garlic Broccoli

DESSERT

Peach Jelly Trifle

WEDNESDAY

MAIN

Ultimate Veggie Cheesy Flan

or

Crunchy Winter Crumble

SIDE

Corn on the Cob

DESSERT

Carrot Biscuit

MAIN

Mexican Baked Tofu & Refried Bean Burrito

or

Bean and Sweet Potato Ragu With Cous Cous

SIDE

Vegetable Medley

DESSERT

Sticky Date Cookie

THURSDAY ROAST

MAIN

Vegetable Sausage Toad

or

Halal and Non Halal Traditional Roast Chicken

SIDE

Roast Potatoes, Yorkshire Pudding, Cauliflower and Gravy

DESSERT

Banana Cake

MAIN

Golden Crunchy Roasted Squash Fillet

or

Halal and Non Halal Traditional Roast Chicken

SIDE

Roast Potatoes, Yorkshire Pudding, Cauliflower and Gravy

DESSERT

Chocolate and Pear Cake

FRIDAY

MAIN

Roast Mediterranean Vegetable & Falafel Wrap

or

Halal and Non Halal Chicken Fajitas

SIDE

Oven Baked Chips, Peas

DESSERT

Smoothie Ice Cream



MAIN

Cheese & Leek Pie

or

Halal and Non Halal Chicken and Cheese Panini

SIDE

Oven Baked Chips, Peas

DESSERT

Smoothie Ice Cream

AVAILABLE DAILY

Sandwiches Selection



Jacket Potato Available Everyday



Freshly Baked Bread



Seasonal Fresh Fruitd



Low fat Yoghurts



Locally sourced salad bar



VEGETARIAN



VEGAN



ALLERGEN INFO

