

# Zest Aspire Academy Menu

February 2022 Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Commencing: 28.02-21.03-25.04-16.05</b>					
<b>Main Course Choices</b>	Hunters Chicken  Served with  Herby Diced Potatoes and Corn on the Cob	MSC Fish Fingers x 3  Potato Waffles and Garden Peas	Roast Gammon (GF)(DF) & Stuffing Or Quorn Sausages (V) Roast Potatoes, Carrots, Green Beans & Gravy	Chilli-con-Carne (HM)(DF) Or Veggie Chilli-non-Carne (HM)(V) Long Grain Rice	Brie and Bacon Panini
<b>Jacket Potato</b>	Served with a Selection of toppings – Grated Cheese, Baked Beans, Tuna Mayo or Salad				
<b>Dessert of the Day</b>	Fresh Fruit & Yogurts	Fresh Fruit & Yogurts	Fresh Fruit & Yogurts	Apple Crumble and Custard	Fresh Fruit & Yogurts

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Commencing: 07.03-28.03-02.05-23.05</b>					
<b>Main Course Choices</b>	Pizza Slice (V)  Served With Herby Diced Potatoes and Buttered Corn	Katsu Chicken Curry (DF) Or Quorn Katsu Curry (V)(DF) Served with Basmati Rice and Poppadum	Roast Beef (GF)(DF) & Yorkshire Pudding Or Quorn Sausages (V) Roast Potatoes, Carrots, Peas & Gravy	Toad in the Hole (HM)(DF)  Served with Mashed Potato Mixed Vegetables & Gravy	Dirty Fries  (Fries topped with Beef Chilli & Cheese)
<b>Jacket Potato</b>	Served with a Selection of toppings – Grated Cheese, Baked Beans, Tuna Mayo or Mixed Salad				
<b>Dessert of the Day</b>	Fresh Fruit & Yogurts	Fresh Fruit & Yogurts	Fresh Fruit & Yogurts	Jam Doughnut	Fresh Fruit & Yogurts

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Commencing: 14.03-04.04-09.05</b>					
<b>Main Course Choices</b>	Cottage Pie topped with Cheesy Mash (HM)(GF) or Veggie Cottage Pie (V)(HM)  Served With Green Beans	Cheese and Bacon Turnover (HM)  Served with Mashed Potatoes & Baked Beans	Roast Chicken (GF)(DF) & Stuffing Or Quorn Sausages (V) Roast Potatoes, Carrots, Cabbage & Gravy	BBQ Pulled Pork Wrap (HM)(DF)  Served with Potato Wedges & Coleslaw	Sausage Baguette with Onions (HM)(DF)  Served with Hash Brown
<b>Jacket Potato</b>	Served with a Selection of toppings – Grated Cheese, Baked Beans, Tuna Mayo or Mixed Salad				
<b>Dessert of the Day</b>	Fresh Fruit & Yogurts	Fresh Fruit & Yogurts	Fresh Fruit & Yogurts	Chocolate Brownie and Ice Cream (HM)(V)	Fresh Fruit & Yogurts

