





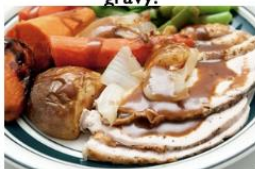







Wistaston Academy

Wistaston Primary School – Week Two



Wistaston Academy

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <p>Pasta Bar (Red Choice)</p> <p>Freshly cooked pasta with a choice of sauce and toppings including cheese, ham and tuna served with sweetcorn.</p>  <p>Or</p> <p>BBQ Quorn Wrap (Green Choice)</p> <p>Quorn pieces covered in a spicy barbeque sauce in a wrap, served with rice and sweetcorn.</p>  | <p>Southern Style Chicken (Red Choice)</p> <p>Chicken thighs marinated in yoghurt and spices, the coated in breadcrumbs and baked in the oven and served with paprika potato wedges and green beans.</p>  <p>Or</p> <p>Vegetarian Ravioli (Green Choice)</p> <p>Ravioli pasta filled with veggie mince meat served in a homemade tomato sauce with green beans.</p>  | <p>Turkey Roast Dinner (Red Choice)</p> <p>Turkey served with roast potatoes, carrots, cauliflower and gravy.</p> <p>Quorn Roast Dinner (Yellow Choice)</p> <p>Quorn fillet served with roast potatoes, carrots, cauliflower and gravy.</p>  <p>Or</p> <p>Pasta Italia (Green Choice)</p> <p>Pasta spirals coated in a tomato and basil sauce and served with carrots.</p>  | <p>Katsu Curry (Red Choice)</p> <p>Breaded chicken goujons baked in the oven and served on a bed of rice with a homemade katsu curry sauce and broccoli.</p>  <p>Or</p> <p>Homemade Pizza (Green Choice)</p> <p>Cheese & tomato served with sauté potatoes and salad.</p>  | <p>Fish Stars and Chips (Red Choice)</p> <p>Fish stars – flakes of white fish, mixed with potato and made into a star shape and baked in the oven.</p>  <p>Or</p> <p>Quorn Nuggets and Chips (Green Choice)</p> <p>Oven baked Quorn nuggets.</p>  <p>Both served with chips and a choice of baked beans or sweetcorn.</p> |
| <p>Hot Alternative</p> <p>Jacket Potato Available Daily (Blue Choice)</p> <p>Served with either grated cheese, ham, tuna or beans.</p> | | | | |
| Orange Cookies | Marble Sponge | Shortbread Finger | Ice Cream | Chocolate Surprise Cupcakes |
| <p>Drink</p> <p>A selection of milk and water will be available daily</p> | | | | |