

Lunch at Flegg High Ormiston Academy

Week 1



MONDAY Mini Meal £1.20 Main Meal £2.40

Main—Bolognaise Pasta Bake finished with cheese & Garlic bread

Vegetarian—Smoked Paprika Pasta Bake Served with garlic bread

Vegan—3 Bean Chill Served with rice

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Tuna Salad Box

Hot Dessert— Vanilla Sponge Served Custard

TUESDAY

Main—Hunters Chicken Served with wedges & salad

Vegetarian—Quorn Hunters Fillet Served wedges & salad

Vegan—Falafel Pitta served with salad

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Ham & Cheese Salad Box

Dessert—Lemon Drizzle Cake Served with cream

WEDNESDAY

Main—Roast Of The Day Served with all the trimmings

Vegetarian—Roasted Stuffed Pepper Stuffed with vegetable risotto

Vegan—Beetroot, Red pepper & Quinoa Burger

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Chicken Caesar Salad Box

Hot Dessert—Rhubarb Crumble Served with Custard

THURSDAY

Main—Beef Lasagne Served Salad & garlic bread

Vegetarian—Vegetable Lasagne Served with salad & garlic bread

Vegan—Vegan Stew

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Quiche Salad Box

Hot Dessert— Saucy Jaffa cake with orange chocolate sauce

FRIDAY

Main—Fish & Chip Friday Served with chip, beans or Curry sauce

Vegetarian—Cheese & tomato Quiche With chips & beans

Vegan—Jackfruit Burger with salad

Hot Dessert—Dessert Of The Day Served with custard

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Week 2



MONDAY

Main—Chicken Korma Curry with rice & Mini Naan Breads

Vegetarian—Korma Vegetable Curry Served rice & Mini Naan

Vegan—Beetroot, Red pepper & quinoa Burger Served salad

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Tuna Salad Box

Hot Dessert— Chocolate Sponge Served with chocolate sauce

TUESDAY

Main—BBQ Chicken Thigh – with cube potatoes & coleslaw

Vegetarian—BBQ Quorn Fillet with cube potatoes & coleslaw

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Ham & Cheese Salad Box

Hot Dessert—Chocolate Brownie Served with orange custard

WEDNESDAY

Main—Roast Of The Day Served with all the trimmings

Vegetarian—Quorn Fillet Roast With all the trimmings

Vegan—Paprika Roast Potatoes

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Chicken Caesar Salad Box

Hot Dessert—Coffee Cake Served with Custard

THURSDAY

Main—Pulled Pork Tacco - served with rice & Sweetcorn

Vegetarian—Quorn Mince Tacco - served with rice & sweetcorn

Vegan—Falafel Wrap

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Quiche Salad Box

Hot Dessert— Syrup Sponge Served with Custard

FRIDAY

Main—Fish & Chip Friday Served with chip, beans or mushy peas

Vegetarian—Homemade Quiche With chips, beans or mush peas

Hot Dessert—Dessert Of The Day Served with custard

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Week 3



MONDAY Mini Meal £1.20 Main Meal £2.40

Main—Beef Chilli Served with rice & Nachos

Vegan—3 Bean Chilli Served with rice & nachos

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Tuna Salad Box

Hot Dessert— Jam Sponge Served with Custard

TUESDAY

Main—Sausage & Mash served with peas, gravy & crispy onions

Vegetarian—Quorn Sausage & mash served with peas & gravy

Vegan— Falafel Pitta, filled with mixed salad

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Ham & Cheese Salad Box

Hot Dessert —Sticky Toffee Pudding Served with toffee custard

WEDNESDAY

Main—Roast Of The Day Served with all the trimmings

Vegetarian—Melty Cheese & Potato Pie With all the trimmings

Vegan—Jacket Potato with BBQ Beans

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Chicken Caesar Salad Box

Hot Dessert—Chocolate Brownie Served with Chocolate Custard

THURSDAY

Main— Sweet & Sour Chicken served with rice & prawn crackers

Vegetarian—Sweet & Sour Quorn fillet served with rice

Vegan—Sweet potato & Coconut Curry Served with rice

Chilled Pasta—Tuna & Sweetcorn, Tomato or Bacon & Peppers

Salad Box—Quiche Salad Box

Hot Dessert— Cornflake crunch with Custard

FRIDAY

Main—Fish & Chip Friday Served with chip, beans or curry sauce

Vegetarian—Pasta Bake with garlic bread

Vegan—Jackfruit Baguette with chips

Hot Dessert—Dessert Of The Day Served with custard

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All Subs £1.80

MONDAY FAST LANE

Southern Fried Chicken Sub

Cheese & Bacon Bagel

TUESDAY FAST LANE

Breaded Chicken Burger

Bacon & Cheese Flatbread

WEDNESDAY FAST LANE

Southern Fried Chicken Pocket

Wedge Box (selection of sauces)

THURSDAY

Beef or Cheese Burger

BBQ Pulled Pork Flatbread

FRIDAY

Fish Cake Burger

Chip Cone/ Cheesy Chips

