

POOL ACADEMY KITCHEN **WEEK ONE**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL 1	Mexican chilli with sour cream	Chicken chow mein (noodles)	Slow roasted pulled beef in onion gravy	Chicken balti	Herb crusted baked white fish
MEAL 2 (VE)	Five bean vegetable chilli	Sweet and sour vegetables noodles	Hearty vegetable crumble	Cauliflower, spinach and chickpea curry	Vegetable Frittata
SIDE	Wholemeal rice seasonal vegetables	Seasonal greens	Roast potatoes and seasonal vegetables	Wholemeal rice with green beans	Oven cooked seasoned wedges with mixed salad or seasonal vegetables
DESSERT 50% fruit based	Pear and blackberry crumble	Mixed fruit salad	Apple and raisin flapjack	Yoghurt and fruit compote crunch	Chocolate and raspberry sponge cake
Daily specials served with vegetable portion or side salad					
FILLED JACKET POTATO		HOT SANDWICH Panini • Baguette • Flat Bread • Pitta Bread		WHOLEMEAL PASTA DISH	



SCAN FOR
MORNING MENU



SCAN FOR
WEEK 1 MENU

POOL ACADEMY KITCHEN **WEEK TWO**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL 1	Vegetable biryani	Beef Lasagne	Roast chicken in gravy	Sweet and sour pork	Smother BBQ chicken
MEAL 2 (VE)	Mixed bean burrito	Homity Pie	Vegetarian sausage and bean casserole	Cauliflower and butter bean curry	Roasted vegetable and mozzarella tart
SIDE	Braised red cabbage and green beans	Dry slaw and salad	Roast potatoes and seasonal vegetables	Wholemeal rice seasonal vegetables	Oven cooked chips with baked beans or mixed salad
DESSERT 50% fruit based	Apple and blackberry pie	Yoghurt and fruit compote crunch	Fruit cake cookie	Fruit salad	Pear and chocolate pudding
Daily specials served with vegetable portion or side salad					
FILLED JACKET POTATO		HOT SANDWICH Panini • Baguette • Flat Bread • Pitta Bread		WHOLEMEAL PASTA DISH	



SCAN FOR
MORNING MENU



SCAN FOR
WEEK 2 MENU

POOL ACADEMY KITCHEN **WEEK THREE**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL 1	Lightly spiced bean taco	Pork meatballs in a tomato and herb sauce	Glazed roast gammon	Cottage pie	Oven baked breaded mini fish fillet
MEAL 2 (VE)	Vegetable and chickpea Fajitas	Mushroom and lentil Ragu	Mixed bean and vegetable hotpot	Ratatoulie pasta bake	Vegetarian bean burger
SIDE	Mexican rice and mixed salad	Wholemeal pasta and sweetcorn	Roast potatoes and seasonal vegetables	Broccoli and green beans	Oven cooked chips with baked beans or mixed salad
DESSERT 50% fruit based	Peach and raspberry cobbler	Mixed fruit salad	Blackberry and apple flapjack crumble	Berry-Banana Smoothie Pot	Chocolate orange muffin
Daily specials served with vegetable portion or side salad					
FILLED JACKET POTATO		HOT SANDWICH Panini • Baguette • Flat Bread • Pitta Bread		WHOLEMEAL PASTA DISH	



SCAN FOR
MORNING MENU



SCAN FOR
WEEK 3 MENU