

George Salter Academy

Sample Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meals</i>	Toad in the Hole, Chicken Fillets	Roast Chicken and Stuffing, Sausage and Onions, Lasagne	Cottage Pie, Chicken Curry	Pork Steaks, Steak and Kidney Pie	Breaded Fish fillets, Chicken Fillets
<i>Vegetarian options</i>	Cheese and Onion Pasty, Pizza, Samosas, Vegetable Burger, Vegetarian Toad in the Hole	Cheese and Onion Pasty, Pizza, Samosas, Vegetable Burger, Garlic Flatbread	Cheese and Onion Pasty, Pizza, Samosas, Vegetable Burger, Cheese and Potato Pie	Cheese and Onion Pasty, Pizza, Samosas, Vegetable Burger, Garlic Flatbread	Cheese and Onion Pasty, Pizza, Samosas, Vegetable Burger
<i>Accompaniments</i>	Mashed Potato, Potato Croquets	Roast Potatos, Mashed Potato	Potato Croquets, Rice	Mashed Potato, Potato Croquets	Chips
<i>Vegetables</i>	Peas, carrots, Baked beans, salad	Peas, Sweetcorn, Baked Beans, Salad	Green Beans, Carrots, Baked Beans, Salad	Carrots, Sweetcorn, Baked Beans, Salad	Baked beans, Mushy peas, Salad
<i>Desserts</i>	Cornflake Cake, Chocolate Sponge	Vanilla sponge, Trifle	Manchester Tart	Steam Sponge Pudding	Jam Roly Poly
<i>Snacks</i>	Muffins, Flapjacks, Rice Crispie Bars, Cookies, Fresh Fruit, Grapes, Strawberries	Muffins, Flapjacks, Rice Crispie Bars, Cookies, Fresh Fruit, Grapes, Strawberries	Muffins, Flapjacks, Rice Crispie Bars, Cookies, Fresh Fruit, Grapes, Strawberries	Muffins, Flapjacks, Rice Crispie Bars, Cookies, Fresh Fruit, Grapes, Strawberries	Muffins, Flapjacks, Rice Crispie Bars, Cookies, Fresh Fruit, Grapes, Strawberries
<i>Drinks</i>	Still water, Flavoured Water, Juice Cartons, Milk, Squash	Still water, Flavoured Water, Juice Cartons, Milk, Squash	Still water, Flavoured Water, Juice Cartons, Milk, Squash	Still water, Flavoured Water, Juice Cartons, Milk, Squash	Still water, Flavoured Water, Juice Cartons, Milk, Squash
<i>Jacket Potatos</i>	Cheese, Baked Beans, Tuna Mayo	Cheese, Baked Beans, Tuna Mayo	Cheese, Baked Beans, Tuna Mayo	Cheese, Baked Beans, Tuna Mayo	Cheese, Baked Beans, Tuna Mayo
<i>Pasta Bar</i>	Our Unique Pasta Bar offers a choice of Meat and Vegetarian Sauces to accompany a bowl of full of Pasta, topped with cheese				
<i>Sandwich Bar and Hot Counter</i>	Freshly made Sandwiches, Baguettes, Cobs, Wraps, Pasties, Sausage Rolls, Pizza	Freshly made Sandwiches, Baguettes, Cobs, Wraps, Pasties, Sausage Rolls, Pizza	Freshly made Sandwiches, Baguettes, Cobs, Wraps, Pasties, Sausage Rolls, Pizza	Freshly made Sandwiches, Baguettes, Cobs, Wraps, Pasties, Sausage Rolls, Pizza	Freshly made Sandwiches, Baguettes, Cobs, Wraps, Pasties, Sausage Rolls, Pizza