



THE ROYAL DOCKS COMMUNITY SCHOOL

ASPIRE • LEARN • CO-OPERATE • ACHIEVE

Menu Week 1

	Main & 'Lite Bite' Choice	Sides	Dessert
Monday 	Chilli Con Carne Quorn Fajita (V) Mexican Cheeseburger with Salad & Salsa	Mexican Rice, Potato Wedges, Sweetcorn, Mixed Peppers, Salsa, Yoghurt	Fruit Flapjack & Ice Cream Fresh Fruit, Yoghurts
Tuesday 	Spaghetti Bolognese Wholemeal Pasta with Tuscan Bean Sauce (V) Pizza Capricciosa (V)	Garlic Bread, Ciabatta Mixed Green, Tomato & Onion, 3 Bean Salads	Strawberry Cheesecake Fresh Fruit, Yoghurts
Wednesday 	Roast Beef & Yorkshire Pudding Cheese & Leek Flan (V) Club Chicken Baguette	Roast or New Potatoes Fresh Seasonal Vegetable Selection	Chocolate Sponge with Chocolate Sauce Fresh Fruit, Yoghurts
Thursday 	Sweet & Sour Chicken Thai Red Beef Curry Hoi Sin Quorn Stir Fry (V)	Rice, Egg Noodles, Chapattis Sweetcorn, Green Beans	Pineapple & Mango Crumble with Custard Fresh Fruit, Yoghurts
Friday 	Fish in Batter Cheese & Vegetable Slice (V) Greek Style Chicken Kebab	Chips or Mashed Potatoes Peas, Baked Beans, Salad	Chunky Fruit Salad & Vanilla Ice Cream Fresh Fruit, Yoghurts



THE ROYAL DOCKS COMMUNITY SCHOOL

ASPIRE • LEARN • CO-OPERATE • ACHIEVE

Menu Week 2

	Main & 'Lite Bite' Choice	Sides	Dessert
Monday 	Jerk Chicken Vegetable & Bean Burrito (V) Texan BBQ Wholemeal Hot Dog with Onions	Rice & Peas Potato Wedges, Sweetcorn, Mixed Peppers, Salsa, Yoghurt	Chocolate Sponge & Ice Cream Fresh Fruit, Yoghurts
Tuesday 	Chicken Cacciatore Vegetarian Lasagne (V) Pizza La Reine	Herby Potatoes Garlic Bread, Ciabatta Mixed Green, Tomato & Onion, 3 Bean Salads	Summer Fruit Crumble with Custard Fresh Fruit, Yoghurts
Wednesday 	Roast Chicken with Stuffing Veggie Shepherd's Pie (V) Smoked Salmon & Cream Cheese Bagels	Roast or New Potatoes Fresh Seasonal Vegetable Selection	Spicy Banana Cake with Custard Fresh Fruit, Yoghurts
Thursday 	Lamb Rogan Josh Chicken, Pepper & Paneer Jalfrezi Lentil, Spinach & Sweet Pepper Balti (V)	Rice, Naan Bread Sweetcorn, Green Beans, Raita	Coconut & Raspberry Sponge with Custard Fresh Fruit, Yoghurts
Friday 	Fish in Batter Southern Seasoned Chicken Spanish Omelette (V)	Chips or Mashed Potatoes Peas, Salad	Strawberry Mousse & Fruit Salad Fresh Fruit, Yoghurts



THE ROYAL DOCKS COMMUNITY SCHOOL

ASPIRE • LEARN • CO-OPERATE • ACHIEVE

Menu Week 3

	Main & 'Lite Bite' Choice	Sides	Dessert
Monday 	Reggae Reggae Chicken Soft Beef Taco Quorn Chilli Dog (V)	Savoury Rice, Potato Wedges, Sweetcorn, Mixed Peppers, Salsa, Coleslaw	Chocolate Ice Cream Sponge Roll Fresh Fruit, Yoghurts
Tuesday 	Beef Lasagne Spaghetti Carbonara Pizza Giardiniera (V)	Garlic Bread, Ciabatta Mixed Green, Tomato & Onion, 3 Bean Salads	Carrot Cake with Cream Cheese Topping Fresh Fruit, Yoghurts
Wednesday 	Roast Lamb & Yorkshire Pudding Butternut Squash Mac & Cheese (V) Cheese burger with Onions	Roast or New Potatoes Fresh Seasonal Vegetable Selection	Apple & Blackberry Crumble with Ice Cream Fresh Fruit, Yoghurts
Thursday 	BBQ Chicken Wings Sweet Chilli Beef Sweet & Sour Quorn Stir Fry with Noodles (V)	Rice, Egg Noodles, Chapattis Sweetcorn, Green Beans	Pineapple Upside Down Cake with Custard Fresh Fruit, Yoghurts
Friday 	Fish in Batter Chicken & Sweetcorn Pie Spicy Wholemeal BBQ Quorn Burger (V)	Chips or Mashed Potatoes Peas, Baked Beans, Salad	Scotch Pancakes, Fruit & Ice Cream Fresh Fruit, Yoghurts