

## Inspire Academy Menu – Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
➤ Breakfast Selection of cereal	➤ Breakfast Selection of cereal	➤ Breakfast Selection of cereal	➤ Breakfast Selection of cereal	➤ Breakfast Selection of cereal
➤ Break Milk and Biscuits	➤ Break Cheesy Garlic Bread	➤ Break Crumpets	➤ Break Pancakes	➤ Break Cheese and Tomato Bagels
➤ Lunch  <b>Option 1</b> Bacon and Mushroom Carbonara Garlic Bread Seasonal Veg  <b>Option 2</b> Jacket Potato Coleslaw Cheese Beans Tuna Salad Bar	➤ Lunch  <b>Option 1</b> Chicken Korma with Rice Poppadum's Seasonal Veg  <b>Option 2</b> Quesadillas BBQ Cheese and ham Salad Bar	➤ Lunch  <b>Option 1</b> Roast Pork Roast Potatoes Yorkshire Puddings Stuffing Balls Seasonal Veg  <b>Option 2</b> Wraps Tuna Cheese Ham Tikka Salad Bar	➤ Lunch  <b>Option 1</b> Cumberland Sausages Curly Fries Baked Beans  <b>Option 2</b> Baguettes Tikka Cheese Tuna Ham Salad Bar	➤ Lunch  <b>Option 1</b> Beef Burgers  <b>Option 2</b> Packed lunch Salad Bar
➤ Dessert Rice Crispy Cakes Fresh Fruit	➤ Dessert Angel Delight Fresh Fruit	➤ Dessert Doughnuts Fresh Fruit	➤ Dessert Jelly and Ice cream Fresh Fruit	➤ Dessert Coconut Macaroons Fresh Fruit
<b>Allergies:</b> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• Fish</li> <li>• Wheat &amp; gluten</li> <li>• Soya</li> </ul>	<b>Allergies:</b> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• Wheat &amp; gluten</li> </ul>	<b>Allergies:</b> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• Wheat &amp; gluten</li> <li>• Fish</li> <li>• Soya</li> </ul>	<b>Allergies:</b> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• wheat &amp; gluten</li> <li>• Fish</li> </ul>	<b>Allergies:</b> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• Wheat &amp; gluten</li> <li>• Fish</li> </ul>