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| **WEEK** | 1 | **Samworth Church Academy Menu** | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| The Main Event | | Cajun Chicken, Tomato Salsa, Flat Bread | Beef Rogan Josh | Char Grilled Gammon Steak,  Fresh Pineapple &  Chilli Salsa | Cottage Pie topped with Creamy Mash & Cheddar Cheese | Breaded Haddock Fillet, local Pork Sausages |
| Vegtastic | | Cajun Roasted Vegetables & Quorn Flat Bread | Roasted Sweet Potato, Spinach & Chickpea Rogan Josh | Grilled Mushroom, Sun Blushed Tomato & Feta Cheese Tart | Quorn, Cottage Pie topped with Creamy Mash & Cheddar Cheese | Crispy Tempura Vegetables,  Sweet Chilli Dip |
| Sides | | Roast Potato Wedges,  Buttered Sweetcorn | Pilau Rice,  Garlic & Coriander Naan Bread | Roasted Baby New Potatoes, Garden Peas & Roasted Carrots | Roasted Carrots, Garden Peas & Green Beans | Chips,  Mushy Peas,  Baked Beans |
| Taste of Italy  (Pasta Bar) | | Chicken & Smoked Bacon Carbonara,  Spinach & Ricotta Cannelloni | Chorizo & Chicken in a Spicy Tomato Sauce  Penne Arrabiata | Traditional Beef Lasagne,  Macaroni Cheese | Pasta Bolognese,  Spinach & Ricotta Tortellini | Spicy Meatballs in Tomato Sauce  Penne Arrabiata  Homemade Pizza Slice |
| Salad & Deli | | **A wide selection of freshly made salads, sliced meats, pickles, olives & dressing with home quiche & locally bake breads** | | | | |
| Baked Potato Bar | | **Freshly baked potato with a choice of two fillings & fresh salad** | | | | |
| Something Sweet | | Eton Mess | Chocolate Chip & Orange Pudding with Custard | Raspberry & Mascarpone Cheesecake | Banoffee Pie | Apple & Blackberry Crumble & Custard |
| Also available a selection of fresh salads, cakes, fruit pots and a range of cold drinks and milks.  **For all dietary & allergen requirements please ask a member of staff** | | | | | | |