

## Tarleton Academy Autumn Menus

### Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat Dish ... Meat				
<b>Meaty Pizza of the Day</b> Served with a side salad or 'Slaw pot	<b>Chicken Tikka Masala</b> Served with steamed Rice	<b>Traditional Roast Dinner - see board for today's meat option with all the trimmings</b>	<b>Beef Lasagne</b> Served with Garlic Slice and Side salad pot	<b>Chicken in a box</b> SF style Chicken, with chips, a side
Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ...				
<b>Veggie Pizza of the Day</b> Served with a side salad or 'Slaw pot	<b>Roast Vegetable Curry</b> Served with Steamed rice	<b>Traditional Roast with Quorn fillet with the trimmings</b>	<b>Roasted Vegetable Lasagne</b> Served with Garlic Slice and Side salad pot	<b>Cheese Whirl</b> Served with Chips and Baked beans
Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ... Alternative Dish ...				
<b>Hot Grab &amp; Go - Daily options of Pasta pot, Jackets, Love Joes, and panini</b>	<b>Hot Grab &amp; Go - Daily options of Pasta pot, Jackets, Love Joes, and panini</b>	<b>Hot Grab &amp; Go - Daily options of Pasta pot, Jackets, Love Joes, and panini</b>	<b>Hot Grab &amp; Go - Daily options of Pasta pot, Jackets, Love Joes, and panini</b>	<b>Hot Grab &amp; Go - Daily options of Pasta pot, Jackets, Love Joes, and panini</b>
Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer... Cold offer...				
<b>Cold Deli Offer - Assorted Sandwiches and salad pots</b>	<b>Cold Deli Offer - Assorted Sandwiches and salad pots</b>	<b>Cold Deli Offer - Assorted Sandwiches and salad pots</b>	<b>Cold Deli Offer - Assorted Sandwiches and salad pots</b>	<b>Cold Deli Offer - Assorted Sandwiches and salad pots</b>
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<b>Selection of home-bakes, fresh fruit and yogurts daily</b>	<b>Selection of home-bakes, fresh fruit and yogurts daily</b>	<b>Selection of home-bakes, fresh fruit and yogurts daily Special: Hot Dessert of the day</b>	<b>Selection of home-bakes, fresh fruit and yogurts daily</b>	<b>Selection of home-bakes, fresh fruit and yogurts daily</b>

Daily Meal Deal £2.20: Main Meal with either a water or a home-bake

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**Week Two**

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<b>Chicken Pasta Bake</b> Serve Garlic Slice and Side Salad	<b>Chilli beef Quesadilla</b> Served with Tex-Mex Rice	<b>Traditional Chicken Pot pie</b> with Mashed potato & seasonal vegetables	<b>Salt &amp; Pepper Chicken</b> Served with Veggie noodles	<b>Posh Fishfinger Buttie</b> Served with Tartare 'slaw and chips
<small>Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ... Vegetarian Dish ...</small>				
<b>Tomato &amp; Basil Pasta Bake</b> Serve Garlic Slice and Side Salad	<b>Chilli Bean Quesadilla</b> Served with Tex-Mex Rice	<b>Traditional Veggie mince Shepherd's pie</b> with seasonal vegetables	<b>Salt &amp; Pepper Quorn</b> Served with Veggie noodles	<b>Veggie Sausage</b> Served with Chips and Mushy peas or gravy
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<b>Chicken Burrito</b> Served with Tex-Mex Rice, and roasted peppers	<b>Thai Green Chicken Curry</b> Served with steamed rice	<b>Traditional Cottage Pie</b> with seasonal vegetables & Gravy	<b>Chicken Shawarma</b> Served with Khobez bread, salad and sauces	<b>Fish and chip Friday</b> Served with classic Mushy peas
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<b>Quorn Burrito</b> Served with Tex-Mex Rice, and roasted peppers	<b>Thai Green Jungle Curry</b> Served with baked Flatbread	<b>Traditional Cheese &amp; Onion Pie</b> with Creamed potato & seasonal vegetables	<b>Veggie Shawarma</b> Served with Khobez bread, salad and sauces	<b>Halloumi Burger</b> Served with Chips, sauces & salad garnish
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