

It's *a bit* tasty



Plains Farm Academy

2021/22

Spring / Summer Menu

School Meals


Sunderland
City Council

Week 1

Week 1 - week commencing

- 28th Feb 22 6th June 22
- 21st March 22 27th June 22
- 15th April 22 18th July 22
- 16th May 22

Drinks - Milk, water and a selection of juice or milkshake available daily

Vegetables - A selection of vegetables and salad bar available daily

Bread - Freshly baked bread available each day

The following additional desserts are available daily:

Cheese and crackers, yoghurts, fresh fruit/fruit salad

Meat Free Monday

Margherita pizza served with herby diced potatoes

Mac and cheese

Sandwich selection (cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Belgian waffle served with cherries and ice cream

Fun Food Tuesday

Beef and cheese OR Quorn meatballs served in a tomato sauce with home made wedges / herby bread

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Clementine sponge served with custard

Roast Dinner Wednesday

Roast chicken OR Quorn fillet served with yorkshire pudding, crispy roast potatoes and gravy

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Chocolate orange mousse served with shortbread finger

Best of British Thursday

Minced beef pie OR Vege Mince Pie with a puff pastry top served with creamed potatoes

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Apple Streusel muffin

Fish Friday

Gluten free fish fingers served with chips

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniment

Orange and ginger biscuit

Week 2

Week 2 - week commencing

7th March 22 23rd May 22

28th March 22 13th June 22

2nd May 22 4th July 22

Drinks - Milk, water and a selection of juice or milkshake available daily

Vegetables - A selection of vegetables and salad bar available daily

Bread - Freshly baked bread available each day

The following additional desserts are available daily:

Cheese and crackers, yoghurts, fresh fruit/fruit salad

Meat Free Monday

Tomato and basil pasta served with garlic bread slice

Cheese and onion slice with baby diced potatoes

Sandwich selection (cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Fresh fruit salad
Frozen fruit yoghurt

Fun Food Tuesday

Best of British Brunch (Bacon OR Quorn Sausage, grilled tomato, hash brown and free range omelette)

Quorn sausage with grilled tomato and free range omelette

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Rice pudding with fruity flapjack finger

Roast Dinner Wednesday

Roast beef OR Quorn fillet in yorkshire pudding wrap served with crispy roast potatoes

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Lemon doughnut muffin

Best of British Thursday

Beef lasagne or Vegetable Lasagne with tomato bread

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Strawberry jam traybake served with custard

Fish Friday

Lemon sole served with chips

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Chocolate oat cookie served with apple wedge

Week 3

Week 3 - week commencing

14th March 22 20th June 22

4th April 22 11th July 22

9th May 22

Drinks - Milk, water and a selection of juice or milkshake available daily

Vegetables - A selection of vegetables and salad bar available daily

Bread - Freshly baked bread available each day

The following additional desserts are available daily:

Cheese and crackers, yoghurts, fresh fruit/fruit salad

Meat Free Monday

Margherita pizza served with herby diced potatoes

Vegetable enchiladas with herby diced potatoes

Sandwich selection (cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Marbled chocolate muffin

Fun Food Tuesday

Beef and broccoli grill OR Vegetable burger served in a bun with seasoned potato wedges

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Jam and cream scone

Roast Dinner Wednesday

Roast pork / chicken OR Quorn fillet with apple sauce, stuffing, gravy and crispy roast potatoes

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Iced sponge and custard

Best of British Thursday

Pork sausage OR Quorn sausage with yorkshire pudding, gravy and creamed potatoes

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Apple crumble traybake served with custard

Fish Friday

Salmon fillet served with lemon wedge and chips

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments
Fresh fruit and jelly served with ice cream