

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 07/09 5/10	Chicken fajita/Burritos	Jacket Potatoes Bolognese, beans, Cheese Tuna	Roast chicken	Pasta Bake Chicken and Bacon	Fish and Chips Omelette and Chips
	Broccoli Mushrooms Carrots Salad Bar	Salad Bar	Green beans Peas Broccoli Carrots Salad Bar	Broccoli Cauliflower Salad Bar	Peas Carrots Salad bar
	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Wraps:</b> Chicken salad, cheese salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Tuna  <b>Panini</b> Cheese and Ham Tuna melt	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Bagels</b> Cheese spread Chicken salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Panini</b> Cheese and Chorizo Cheese and tomatoes	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Roll</b> Hot Chicken
<b>Break time</b>	Frittata	Pasta pot	Savoury Muffins	Noodle pot	Frittata

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 2</b> 14/09 12/10	Turkey meatballs with ariabiatta sauce tagliatelle Vegetarian substitute	Jacket Potatoes beans, Cheese Tuna Noodle salad box	Roast chicken	Pasta with pesto, bacon feta and peas. Mediterranean vegetables, feta and cous cous	Posh hot dog (sausages meat/veg) Chips
	Broccoli Mushrooms Carrots Salad Bar	Salad Bar	Green beans Peas Broccoli Carrots Salad Bar	Broccoli Cauliflower Salad	Baked Beans Salad bar
	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Wraps:</b> Chicken salad, cheese salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Tuna <b>Panini</b> Cheese and Ham Tuna melt	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Bagels</b> Cheese spread Chicken salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Panini</b> Cheese and Chorizo Cheese and tomatoes	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Roll</b> Hot Chicken
<b>Break</b>	Frittata	Pasta pot	Savoury Muffins	Noodle pot	Frittata

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 3</b> 21/09 19/10	Hunters chicken (chicken/bbq sauce/bacon and cheese)	Jacket Potatoes  Curry, beans, Cheese, Tuna and Sweetcorn	Roast Chicken	Thai Fish Cake and sweet chilli noodles.  Sweet chilli/ plain Noodles with fresh stir-fry vegetables	Chicken breast Burger  Meat and Veggie Burger
	Broccoli  Mushrooms  Carrots  Salad Bar	Salad Bar	Green beans  Peas  Broccoli  Carrots  Salad Bar	Broccoli  Cauliflower  Salad Bar	Chips  Peas  Carrots  Salad bar
	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Wraps:</b> Chicken salad, cheese salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Tuna  <b>Panini</b> Cheese and Ham Tuna melt	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Bagels</b> Cheese spread Chicken salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Panini</b> Cheese and Chorizo Cheese and tomatoes	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn  <b>Roll</b> Hot Chicken
Break Specials	Frittata	Pasta pot	Savoury Muffins	Noodle pot	Pizza

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 4</b> 28/09	Shish Kebab (Pork & chicken) in Pita Halloumi/ Vegetable Kabab with pita	Jacket Potatoes Curry, beans, Cheese, Tuna and Sweetcorn	Roast chicken	Five spice Turkey/chicken Noodle salad	Pizza Salad Box – Chicken –Caesar Greek -feta
	Broccoli Mushrooms Carrots Salad Bar	Salad Bar	Green beans Peas Broccoli Carrots Salad Bar	Broccoli Cauliflower Salad Bar	Chips Baked beans Salad bar
	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Wraps:</b> Chicken salad, cheese salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Tuna <b>Panini</b> Cheese and Ham Tuna melt	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Bagels</b> Cheese spread Chicken salad	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Panini</b> Cheese and Chorizo Cheese and tomatoes	<b>Sandwiches:</b> Ham, Cheese, Chicken, Prawn <b>Roll</b> Hot Chicken
Break	Frittata	Noodle pot	Savoury Muffins	Pasta pot	Pasta pot

ORTU Hassenbrook Academy Menus: 7<sup>th</sup> September 2020- October 23<sup>rd</sup> 2020