

## Q3 ACADEMY LANGLEY - Autumn/Winter

### Week 1 Quisine Menu

Day	Meat	Allergens	Vegetarian	Dessert
<b>Monday</b>	<b>Sausage</b> Peas & Carrots Mashed Potato Gravy	<b>Individual Meal Plan Via The Academy</b>	<b>Quorn Sausage(V)</b> Peas & Carrots Mashed Potato Gravy	<b>Yoghurt Pot</b>
<b>Tuesday</b>	<b>Reggae Reggae Chicken</b> Braised Rice Broccoli Florets	<b>Individual Meal Plan Via The Academy</b>	<b>Reggae Reggae Quorn (V)</b> Braised Rice Broccoli Florets	<b>Jelly Pot</b>
<b>Wednesday</b>	<b>Beef Burger</b> Burger Bun Wedges Baked Beans	<b>Individual Meal Plan Via The Academy</b>	<b>Quorn Burger (V)</b> Burger Bun Wedges Baked Beans	<b>Flapjack</b>
<b>Thursday</b>	<b>(Meat-Free Thursday) Cheese &amp; Onion Pasty</b> Diced Potato Peas & Carrots	<b>Individual Meal Plan Via The Academy</b>	<b>(Meat-Free Thursday) Cheese &amp; Onion Pasty</b> Diced Potato Peas & Carrots	<b>Cocoa Brownie Cookie</b>
<b>Friday</b>	<b>Battered Fishwich</b> Chipped Potatoes Peas	<b>Individual Meal Plan Via The Academy</b>	<b>Quorn Sausage(V)</b> Chipped Potatoes Peas	<b>Fresh Fruit</b>

(V) Suitable for Vegetarians

## Q3 ACADEMY LANGLEY - Autumn/Winter

### Week 2 Quisine Menu

Day	Meat	Allergens	Vegetarian	Dessert
<b>Monday</b>	<b>Sausage Roll</b> Peas & Carrots Diced Potatoes	<b>Individual Meal Plan Via The Academy</b>	<b>Vegetarian Sausage(V)</b> Peas & Carrots Diced Potatoes	<b>Yoghurt Pot</b>
<b>Tuesday</b>	<b>BBQ Chicken</b> Braised Rice Green Beans & Sweetcorn	<b>Individual Meal Plan Via The Academy</b>	<b>BBQ Quorn(V)</b> Braised Rice Green Beans & Sweetcorn	<b>Vanilla &amp; Chocolate Mousse Pot</b>
<b>Wednesday</b>	<b>Breaded Chicken</b> Wedges Mixed Vegetables	<b>Individual Meal Plan Via The Academy</b>	<b>Southern Quorn Burger (V)</b> Wedges Mixed Vegetables	<b>Ice Cream Pot</b>
<b>Thursday</b>	<b>(Meat-Free Thursday) Omelette</b> Diced Potatoes Broccoli Florets	<b>Individual Meal Plan Via The Academy</b>	<b>(Meat-Free Thursday) Omelette</b> Diced Potatoes Broccoli Florets	<b>Cocoa Brownie Cookie</b>
<b>Friday</b>	<b>Quorn Dippers</b> Chipped Potatoes Baked Beans	<b>Individual Meal Plan Via The Academy</b>	<b>Quorn Dippers</b> Chipped Potatoes Baked Beans	<b>Fresh Fruit</b>

(V) Suitable for Vegetarians