

## SBL Academy Menu



Selection of freshly made sandwiches & baguettes, salads, fruit, yoghurt, homemade cakes, drinks and healthy snacks available daily

Week One (07.12/21.12/11.01/25.01/08.02)

<p><b>Monday</b></p> <p>Crispy Cheese topped Tomato Pasta Bake (V) Served with Garlic Bread</p> <p>Or</p> <p>Southern Coated Chicken Fillet served in a bun</p>
<p><b>Tuesday</b></p> <p>100% Beef Burger served in a bun</p> <p>Or</p> <p>Vegetable Kiev served with wedges and salad</p>
<p><b>Wednesday</b></p> <p>Roast Chicken or Quorn Fillet (V) Served with Roast Potatoes, Carrots and Peas &amp; Rich Gravy</p> <p>Or</p> <p>BBQ Chicken Wrap</p>
<p><b>Thursday</b></p> <p>Lamb Rogan Josh or Vegetable Tikka Masala (V) Served with Rice</p> <p>Or</p> <p>Ham and cheese panini</p>
<p><b>Friday</b></p> <p>Fish &amp; Chips served with Baked Beans</p> <p>Or</p> <p>Jacket Potato served with Baked Beans (V)</p>



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Week Two (14.12/04.01/18.01/01.02/15.02)

### Monday

Margarita Pizza (V)  
Served with Sauté Potatoes

Or

Southern Coated Chicken Fillet served in a bun

### Tuesday

Chicken Fillet Burger

Or

Veggie Burger (V) Served with McCain Signature Crispers

### Wednesday

Roast Beef or Quorn Fillet (V)  
Served with Roast Potatoes, Carrots and Broccoli & Rich Gravy

Or

BBQ Chicken Wrap

### Thursday

Pasta with meatballs or fresh tomato sauce (V)  
Served with garlic bread

Or

Ham and cheese panini

### Friday

Sausage x 2 served with Chips

Or

Vegetable Nuggets (V) x 3 Served with Chips