

Week beginning: 25th April, 16th may, 13th June, 4th July

The Link Academy Summer Menu—Stoke Gabriel Primary School

Rotation 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatball Macaroni Bake	Beef & Cheese Quesadilla	Roast Chicken Breast & Roast Potatoes	Ham Pizza & Wedges	Breaded Fish Fillet & Chips
Vegetarian	Macaroni Cheese Bake	Cheese & Tomato Quesadilla	Cheese & Leek Gratin & Roast Potatoes	Margherita Pizza & Wedges	Cheese & Red Onion Frittata & Chips
Jackets and rolls	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.
Sides	Homemade garlic bread, and salad bar.	Rice and salad bar.	Roast potatoes, broccoli, carrots, gravy and salad bar.	Wedges, sweetcorn and salad bar.	Chips, peas, beans and salad bar.
Pudding	Banana flapjack, fruit or yogurt.	Strawberry jam and cream muffins, fruit or yogurt.	Vanilla shortbread and vanilla ice cream, fruit or yogurt.	Apple crunch, fruit or yogurt.	Chocolate crispie cake fruit or yogurt.

Week beginning: 2nd May, 23rd May, 20th June, 11th July

Rotation 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mild Chicken Curry & Rice	Beef Burger in a Bun & Corn on the Cob & Diced Potatoes	Pork Sausage Toad in the Hole & Roasted New Potatoes	BBQ Chicken & Sweetcorn Pizza & Wedges	Fish Fingers & Chips
Vegetarian	Quorn Korma Curry & Rice	Quorn Burger in a Bun & Corn on the Cob & Diced Potatoes	Veggie Sausage Toad in the Hole & Roasted New Potatoes	Margherita Pizza & Wedges	Quorn Nuggets & Chips
Jackets and rolls	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.
Sides	Naan bread, mix veg and salad bar.	Corn on the cob and salad bar.	Roasted new potatoes, broccoli, carrots, gravy and salad bar.	Wedges, baked beans and salad bar.	Chips, beans or peas and salad bar.
Pudding	Apple flapjack, fruit and yogurt.	Lemon drizzle cake, fruit or yogurt.	Chocolate ice cream and custard biscuit, fruit or yogurt.	Vanilla cheese cake and berry compote, fruit or yogurt.	Oat and apricot cookie, fruit or yogurt.

Week beginning: 9th May, 6th June, 27th June, 18th July

Rotation 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese Pasta Bake	Hot Dog & Diced Potatoes	Roast Gammon & Roast Potatoes	Pepperoni Pizza & Wedges	Fish Cake & Chips
Vegetarian	Roasted Pepper & Tomato Pasta Bake	Quorn Hot Dog & Diced Potatoes	Quorn Fillet & Roast Potatoes	Margherita Pizza & Wedges	Cheese Pin Wheel & Chips
Jackets and rolls	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, or beans.  Roll with ham, cheese or tuna mayo.
Sides	Homemade garlic bread, mix veg and salad bar.	Beans, Sweetcorn and salad bar.	Roast potatoes, broccoli, carrots, gravy and salad bar.	Wedges, peas and salad bar.	Chips, wholewheat pasta salad, baked beans and salad bar.
Pudding	Devon honey cake, fruit or yogurt.	Yogurt topped black currant flapjack, fruit or yogurt.	Strawberry ice cream and strawberry jelly, fruit and yogurt.	Apple, carrot and yogurt muffins, fruit or yogurt.	Chocolate and apricot brownie.