



Co-op Academy
Walkden

Week A Menu

September to December

<u>Monday</u> • Meat & Potato Pie served with Peas & Gravy (H) • Palak Paneer, Broccoli & Rice (V)(H) • Chicken Tikka & Rice (VE)(V)(H)	<u>Tuesday</u> • Chicken Fried Rice (V)(H) • Pasta Beef Bolognese • Vegetarian Pasta Bolognese (V)(VE)(H)
<u>Wednesday</u> • Fish (H) • Homemade cheese pie (V)(H) • Quorn Sausage (V)(H) (VE) All served with Peas or Beans & Gravy	<u>Thursday</u> • Chicken Shawarma on Flatbread with Salad & Yogurt (H) • Pasta & Meatballs (VE)(V) • Quorn Chicken Shawarma on Flatbread with Salad & Yogurt (V) (H)
<u>Friday</u> • Burger served on a Bun with Oven baked Wedges & Salad • Katsu Chicken Fillet • Beef Burger (H) • Spicy Bean Burger (V)(H) (VE) • Vegetarian Korma Curry & Rice (V)(H) (VE)	<u>Daily</u> • Selection of sandwiches & wraps • Cold pasta pots • Jacket potatoes with various fillings

Please note on occasions, menus may be subject to change.

V - Vegetarian / VE - Vegan / H – Halal



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Week B Menu

September to December

<u>Monday</u> • Chicken Wrap, Herby Potatoes & Salad (V)(H) (VE) • Cheese Swirl & Beans (V)(H) • Pasta Bake with Garlic Bread (V)(H)	<u>Tuesday</u> • Lasagne, Garlic Bread & Salad • Quorn Vegetarian Lasagne, Garlic Bread & Salad (V)(H)(VE) • Chicken Jalfrezi & Rice (H)
<u>Wednesday</u> • Korean Beef & Vegetable Rice (H) • Chicken Fillet served with Oven baked Wedges & Salad • Pomodoro Tomato Sauce & Pasta (V)(VE)(H)	<u>Thursday</u> • Vegetarian Pie with Mash, Mixed Vegetables & Gravy (V)(H) • Rogan Josh Chicken Curry & Rice (H) • Rogan Josh Vegetable Curry & Rice (V)(VE)(H)
<u>Friday</u> • Fish Goujons & Chips with Peas or Beans (H) • Vegan Fishless Fingers & Chips with Peas or Beans (V)(VE)(H) • Pasta & Basilico Sauce (V)(VE)(H)	<u>Daily</u> • Selection of sandwiches & wraps • Cold pasta pots • Jacket potatoes with various fillings

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Lunchtime Extras

*** Allergens are found on the labels**

*Sandwiches from £1.95

*Baguettes from £2.10

*Salad box with fillings £2.10

Meal Deal option £2.20

Includes any main meal, sandwich or jacket potato & 1 dessert item

Please note the meal deal does not include water; however, drinking water is available to all students from the water fountains.

We recommend you bring refillable water bottles for throughout the day.

Beverages

Bottled Water 500ml 85p

Morning Menu

**Buttered Toast - free to all pupils
between 8am - 8.25am each day**

Beans on Toast 89p

Egg on Toast 89p

(Only served between 8am - 8.25am)

Cheese Bagels 99p

Sausage Petit Pan 92p

Bacon Petit Pan 92p

Croissants 99p

Pancakes x 2 85p

Hash Browns x 1 (break time only) 29p

Hash Browns x 3 (break time only) 82p

Fresh Fruit 64p

Grab & Go Options

Panini's - Cheese & tomato £2.02

Panini's - Cheese & ham £2.02

Cheese & Tomato Pizza £1.39

Desserts/Biscuits/Muffins

Ice cream/Jelly/Yoghurt 78p

Biscuits from 57p

Shortbread

Apricot Bars 78p

Homemade muffins 78p

Apple or Banana

Fresh Fruit 64p

Fruit Salad Bowl 99p

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