

Phoenix Academy Menu {Week One}



Week Commencing: 1st Sept, 21st Sept, 12th Oct, 9th Nov, 30th Nov, 4th Jan, 25th Jan



Main Option One

Monday

Ham & Pineapple Pizza

Served with Herby
Diced Potato
& Sweetcorn

Tuesday

Jamaican Jerk Chicken

Served with wholegrain
rice & Peas, Broccoli

Wednesday

Herby Roasted Chicken

Served with Cabbage,
Carrots, Roast Potatoes
& Gravy

Thursday

'Fish & Chips'

Mushy Peas & Beans

Friday

Southern Fried Chicken

Served with Baked
Jacket Wedges &
Creamy Coleslaw

Main Option Two

Cheese & Tomato Pizza

Served with Herby
Diced Potato,
& Sweetcorn

Mac 'N' Cheese

Wholegrain pasta
served with Garlic
Bread, Broccoli

Vegetarian Quorn Roast

Served with Cabbage,
Carrots, Roast Potatoes
& Gravy

Tomato & Vegetable Puff Pinwheel

Chips, Mushy Peas &
Beans

Crispy Quorn Dippers

Served with Baked Jacket
Wedges & Creamy
Coleslaw



Daily

Available All Week

Jacket potatoes with a choice of hot & cold toppings, freshly made salad selection, fresh fruit & yoghurts.

Made to order sandwiches are also readily available. Ham, Cheese, Tuna Mayonnaise.

Alternative dietary options are available on request



Dessert

Glazed Chocolate Ice
Sponge

Oat Apple Crumble &
Custard

Fruit Jelly

Fruity Flapjacks

Sprinkle Cake



Phoenix Academy Menu {Week Two}



Week Commencing: 7th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec, 11th Jan, 1st Feb



Main
Option One

Monday

Pepperoni Pizza

Jacket Wedges,
Sweetcorn & Coleslaw

Tuesday

Chicken Tikka Masala

With Fluffy Rice, Peas
& Sweetcorn

Wednesday

'Toad in the Hole'

Creamy Mash, Spring
Cabbage & Gravy

Thursday

Chicken Wrap

Served with
wholegrain rice
& corn on the cob

Friday

'Fish & Chips'

Peas, Beans Or
Curry Sauce

Main
Option Two

Cheese & Tomato Pizza

Served with Jacket
wedges
& Sweetcorn

**Sweet Potato Tikka
Masala**

With Fluffy Rice, Peas
& Sweetcorn

**Veggie 'Toad in the
Hole'**

Creamy Mash, Spring
Cabbage & Gravy

BBQ Bean Wrap

Served with wholegrain
rice & corn on the cob

Cheese & Onion Slice

Served with Oven Baked
Chips, Beans &
Mushy Peas

Daily

Available All Week

Jacket potatoes with a choice of hot & cold toppings, freshly made salad selection, fresh fruit & yoghurts.

Made to order sandwiches are also readily available. Ham, Cheese, Tuna Mayonnaise.

Alternative dietary options are available on request

Dessert

Strawberry Mousse

Apple Sponge

Chocolate Brownies

**Berry Cobbler
& Custard**

Cookies

Phoenix Academy Menu {Week Three}



Week Commencing: 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb



Main
Option One

Monday

Salmon or MSC Fish Fingers
Served with Herby Diced Potato & Sweetcorn

Tuesday

Beef Bolognaise
Served with wholegrain pasta, Garlic Bread, Broccoli & Sweetcorn

Wednesday

Roast Herby Chicken
Served with Carrots, Green Beans, Mash, Roast Potatoes & Gravy

Thursday

Beef Burger
Served with Corn on the Cob & Coleslaw

Friday

Southern Fried Chicken
Served with Oven Baked Chips, Baked Beans & Sweetcorn

Main
Option Two

Cheese & Tomato Pizza
Herby diced potato, Sweetcorn & Coleslaw

Mac 'N' Cheese
Wholegrain pasta served with Garlic Bread, Broccoli & Sweetcorn

Vegetarian Quorn Roast
Served with Carrots, Green Beans, Mash, Roast Potatoes & Gravy

Spicy Bean Burger
Served with Corn on the Cob & Coleslaw

Quorn Dippers
Served with Oven Baked Chips, Baked Beans & Sweetcorn

Daily

Available All Week

Jacket potatoes with a choice of hot & cold toppings, freshly made salad selection, fresh fruit & yoghurts.

Made to order sandwiches are also readily available. Ham, Cheese, Tuna Mayonnaise

Alternative dietary options are available on request



Dessert

Fruity Flapjack

Chocolate Marble Sponge

Blueberry Muffin

Fruit Salad & Short-bread biscuit

Tropical fruit cake & custard

