

# MENU

## WEEK A

HOT  
OPTION 1

Hearty Pork Sausages with smooth homemade Mash, baked Beans, golden fried Onions and warm Gravy

HOT  
OPTION 2

Meatfree Quorn Sausages with smooth homemade Mash, baked Beans, golden fried Onions, and warm Gravy

SERVED WITH

A wholesome mix of peas, green beans and Cabbage

JACKET  
POTATO

Filled with your choice of warm baked beans, melted cheese or creamy tuna mayo

TUESDAY

Indulgent Mac & Cheese made with a rich, velvety Cheese sauce

WEDNESDAY

CRISPY BREADED POLLOCK FILLETS WITH STEAMED NEW POTATOES & CREAMY CAULIFLOWER CHEESE

THURSDAY

Homemade Beef Lasagne

FRIDAY

The Bay Breakfast  
All the classics you love: bacon, sausage, mushroom, scrambled egg & toast

CRISP GARLIC BREAD AND A BRIGHT MIX OF PEAS & SWEETCORN

SEASONAL VEG MEDLEY. TENDER BROCCOLI FLORETS, GARDEN PEAS & GOLDEN SWEETCORN

Homemade Vegetable Lasagne

The Veggi Bay Breakfast  
Quorn Sausage with roasted Tomato, Mushroom, Scrambled Egg & Toast

WARM BAKED BEANS AND ROASTED TOMATOES

FILLED WITH YOUR CHOICE OF BEANS, MELTED CHEESE, CREAMY TUNA MAYO, OR HEARTY SAUSAGE & BEANS

FILLED WITH YOUR CHOICE OF FRESH PESTO CHICKEN OR MELTED CHEESE

FILLED WITH YOUR CHOICE OF 'PIZZA JACKET POTATO' LOADED WITH TOMATO, CHEESE AND PEPPERONI OR CREAMY COLESLAW

FILLED WITH YOUR CHOICE OF WARM BAKED BEANS, MELTED CHEESE OR CREAMY TUNA MAYO



## FRESH FRUIT

A colourful mix of apples, oranges, bananas, pears, grapes, strawberries, honeydew and watermelon; fresh, sweet, and crisp!

## SALAD BAR

A vibrant medley of garden-fresh leaves and rocket, paired with crisp vegetables, sweetcorn and beetroot, finished with a side of creamy coleslaw.



- GF Gluten Free
- V Vegetarian
- Ve Vegan
- H Halal

### DISCLAIMER - PLEASE READ

Please inform a member of staff of any dietary requirements or allergies when ordering, so we can ensure you are catered for appropriately.

All dishes are prepared using the correct ingredients; however, they are made in a kitchen where allergens may be present.

If you have any severe food allergies, it is essential that you speak to a member of staff before ordering.

DID YOU KNOW?

Something for everyone!  
Every day you'll find delicious dishes on our menu, with choices to suit all diets and lifestyles

**Millbay**  
Academy

**NEW  
DESSERTS  
COMING  
SOON...**