

# MENU

## WEEK A

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...**

### MONDAY

#### HOT OPTION 1

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

#### HOT OPTION 2

Meat-free 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

Crisp Garlic Bread and a bright mix of Peas & Sweetcorn

Filled with your choice of Beans, melted Cheese, creamy Tuna mayo, or hearty Sausage & Beans

### WEDNESDAY

Crispy Breaded Pollock Fillets with Steamed New Potatoes & creamy Cauliflower Cheese

Breaded Halloumi Fillets with steamed new potatoes & creamy cauliflower cheese

Seasonal Veg Medley. Tender broccoli florets, garden peas & golden sweetcorn

Filled with your choice of fresh pesto chicken or melted cheese

### THURSDAY

Homemade Beef Lasagne

Homemade Vegetable Lasagne

A wholesome mix of peas, sweetcorn, broccoli, cauliflower, carrots & green beans

Filled with your choice of , 'pizza jacket potato' loaded with tomato, cheese and pepperoni or creamy coleslaw

### FRIDAY

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

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

Warm baked beans and roasted tomatoes

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.

