


Week One: w/c 25th April, 16th May, 13th June, 4th July			The Link Academy Summer Menu 2022		
Main	Monday Homemade Ham macaroni bites.	Tuesday Cheesy beef quesadilla and mayonnaise.	Wednesday Roast chicken.	Thursday Pork sausage in a roll.	Friday Breaded fish fillet.
Vegetarian	Homemade cheese macaroni bites.	Cheesy Quorn quesadilla and mayonnaise.	Cheesy bubble and squeak.	Quorn sausage in a roll.	Margarita pizza.
Jackets and rolls	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.
Sides	Homemade garlic bread, mix veg and salad bar.	Green beans, new potatoes and salad bar.	Roast potatoes, broccoli , carrots, gravy and salad bar.	Wedges, sweetcorn, coleslaw and salad bar.	Chips, whole wheat pasta salad, 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 biscuit and sultana slice, fruit or yogurt.

Week Two: w/c 2nd May, 23rd May, 20th June, 11th July

<b>Main</b>	<b>Monday</b> Chicken & bacon pasta bake	<b>Tuesday</b> Beef burger in a bun	<b>Wednesday</b> Pork sausage toad in the hole.	<b>Thursday</b> Pepperoni pizza	<b>Friday</b> Fish fingers
<b>Vegetarian</b>	Cheese & tomato pasta bake	Veggie burger in a bun	Quorn sausage toad in the hole.	Margarita pizza	Cheese and onion frittata
<b>Jackets and rolls</b>	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.
<b>Sides</b>	Homemade garlic bread, mix veg and salad bar.	Sweetcorn, coleslaw and salad bar.	Roasted new potatoes, broccoli, carrots, gravy and salad bar.	Wedges, baked beans and salad bar.	Chips, whole wheat pasta salad or peas and salad bar.
<b>Pudding</b>	Apple flapjack, fruit and yogurt.	Lemon drizzle muffin, 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 Three: w/c 9th May, 6th June, 27th June, 18th July

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main</b>	Homemade meatballs and pasta sauce.	All day breakfast.	Roast gammon.	Homemade Cajun chicken in a bun.	Homemade sausage pin wheel.
<b>Vegetarian</b>	Vegan meatballs and pasta sauce.	Vegetarian all day breakfast.	Quorn fillet.	Margarita pizza.	Homemade cheese pin wheel.
<b>Jackets and rolls</b>	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo , ham or beans. Roll with ham, cheese or tuna mayo.
<b>Sides</b>	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, whole wheat pasta salad, baked beans and salad bar.
<b>Pudding</b>	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.