

The Canterbury Academy

A school for all the Talents



Part of The Canterbury Academy Trust



WEEK 1	Pork Sausages and Sticky Onion Gravy	Mild Chilli Con Carne	Slow Roasted Pork Loin	Chicken Korma	Battered Cod
	Vegetarian Sausages and Sticky Onion Gravy	Vegetarian Chilli Con Carne	Portobello Mushroom Bake	Sweet Potato and Spinach Curry	Cheese and Onion Slice
	Creamy Mashed Potatoes	Steamed Rice	Roast Potatoes	Steamed Rice	Chips
	Seasonal Vegetables	Seasonal Vegetables	Cauliflower Cheese and Seasonal Vegetables	Bombay Wedges	Baked Beans or Peas
	Seasonal Vegetables	Seasonal Vegetables	Yorkshire Pudding	Poppadoms	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
WEEK 2	Mild Thai Sweet Chilli Chicken	Slow Cooked BBQ Pulled Pork	Roast Turkey	Beef Bolognese	Southern Fried Chicken
	Vegetable Thai Red Curry	BBQ Quorn Chicken	Nut Roast	Vegetarian Italian Sausage Casserole	Vegetarian Sausage Roll
	Steamed Rice	Smoked Paprika and Garlic Wedges	Roast Potatoes	Pasta Swirls	Chips
	Prawn Crackers	Seasonal Vegetables	Stuffing Ball	Seasonal Vegetables	Baked Beans or Peas
	Seasonal Vegetables	Seasonal Vegetables	Yorkshire Pudding	Seasonal Vegetables	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
WEEK 3	Sweet and Sour Chicken	Hunter's Chicken	Roast Beef Topside	Chicken Fajitas	Battered Cod
	Thai Green Vegetable Curry	Macaroni Cheese	Vegetable Fritters	Stuffed Peppers With Spicy Mexican Rice	Cheese and Onion Slice
	Steamed Rice	Buttered New Potatoes	Roast Potatoes	Potato Wedges	Chips
	Spring Rolls	Seasonal Vegetables	Roast Parsnips	Salsa and Sour Cream	Baked Beans or Peas
	Prawn Crackers	Seasonal Vegetables	Yorkshire Pudding	Seasonal Vegetables	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables

