

Your Three Week Menu

Monday

Tuesday



Wednesday



Thursday



Friday



WEEK ONE

Beef/Veggie Burger in a Bun with Potato Wedges and Baked Beans or Sweetcorn

Bacon, Cheese and Tomato/Vegetarian Pasta Bake with Garlic Bread and Seasonal Vegetables

Roast Beef/Quorn Fillet with Yorkshire Pudding with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Chicken/Quorn Spanish Rice with Crusty Bread and Seasonal Vegetables

MSC Fish with Chips Garden Peas or Baked Beans

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Bacon and Scrambled Egg English Muffin Served with Baked Beans

Ham and Tomato Baguette Served with Salad

Cheese and Tomato Pasta Bake Served with Salad

Tuna Salad Wrap Served with Salad

Ham and Spring Onion Omelette and Crusty Bread Served with Salad

Chocolate Brownie with a Fruit Wedge

Fruit Flapjack Finger

Lemon Drizzle Cake

Fresh Fruit Platter or Fruit Mousse

Melting Moment with a Fruit Wedge

WEEK TWO

Beef/Veggie Spaghetti Meatballs with a Tomato and Herb Sauce with Garlic Bread and Seasonal Vegetables

Chicken/Cheese Pie with New Potatoes and Seasonal Vegetables and Gravy

Braised Beef/Quorn Fillet with Yorkshire Pudding with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Ham, Sweetcorn and Cheese/Vegetarian Pasta Bake with Crusty Bread and Seasonal Vegetables

MSC Fish with Chips Garden Peas or Baked Beans

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Bacon and Scrambled Egg English Muffin Served with Baked Beans

Ham and Tomato Baguette Served with Salad

Cheese and Tomato Pasta Bake Served with Salad

Tuna Salad Wrap Served with Salad

Ham and Spring Onion Omelette and Crusty Bread Served with Salad

Chocolate Cookie with a Fruit Wedge

Toffee Apple Sponge with Custard

Fruit Jelly

Fresh Fruit Platter or Cheese and Crackers

Caramel Crispy Cake with a Fruit Wedge

WEEK THREE

Pork/Quorn Sausages and Mashed Potatoes with Seasonal Vegetables and Gravy

Spaghetti Bolognese/Vegetarian Bolognese with Garlic Bread and Seasonal Vegetables

Gammon Steak/Quorn Fillet and Pineapple with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Chinese Chicken/Quorn Curry with Rice Naan Bread and Seasonal Vegetables

MSC Fish with Chips Garden Peas or Baked Beans

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Bacon and Scrambled Egg English Muffin Served with Baked Beans

Ham and Tomato Baguette Served with Salad

Cheese and Tomato Pasta Bake Served with Salad

Tuna Salad Wrap Served with Salad

Ham and Spring Onion Omelette and Crusty Bread Served with Salad

Iced Chocolate and Orange Cake

Fruit Crumble with Custard

Jam and Coconut Sponge

Fresh Fruit Platter or Cheese and Crackers

Golden Crunch Cookie with a Fruit Wedge

Available every day – Unlimited salad, fresh bread, organic yoghurt, milk and chilled water

For allergen information, please ask one of our Catering Team

