

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

Minced Beef/Veggie Mince Pie with New Potatoes and Seasonal Vegetables

Roast Pork/Quorn Fillet and Apple Sauce with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Chicken/Quorn Curry with Rice Naan Bread and Seasonal Vegetables

MSC Fish Or Cheese and Tomato Pizza 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

Pasta with a Tomato and Basil Sauce

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

Chocolate Crispy Cake with a Fruit Wedge

Apple Pie with Custard

Carrot Cake

Fresh Fruit Platter or Sugar Free Fruit Jelly with a Fruit Wedge

Ginger Biscuit with a Fruit Wedge

WEEK TWO

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 Or Cheese and Tomato Pizza with Chips Garden Peas or Baked Beans

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

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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 THREE

Pork/Quorn Sausages with Scrambled Egg English Muffin Baked Beans Mushroom and Tomatoes

Beef/Vegetarian Lasagne with Garlic Bread and Seasonal Vegetables

Roast Chicken/Quorn Fillet served with Sage & Onion Stuffing with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Chicken/Quorn Curry with Rice Naan Bread with Seasonal Vegetables

MSC Fish Or Cheese and Tomato Pizza 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

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

Iced Chocolate Sponge

Fruit Crumble with Custard

Shortbread Finger with a Fruit Wedge

Fresh Fruit Platter or Sugar Free Jelly with a Fruit Wedge

Orange 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

