

Your Three Week Menu

Monday

Tuesday



Wednesday



Thursday



Friday



WEEK ONE

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

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

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Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans 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

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 with Chips Garden Peas or Baked Beans

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

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

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

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

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

Chocolate Crunch with a Fruit Wedge

Banana and Butterscotch Pudding with Custard

Flapjack with a Fruit Wedge

Fresh Fruit Platter or Cheese and Crackers

Raspberry Bun with a Fruit Wedge

WEEK THREE

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

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

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

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans 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

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

For allergen information, please ask one of our Catering Team

