




Menu Week 1



THE MARSH ACADEMY

Main Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Bistro  	Chicken Korma Vegetarian Pasta King Jacket Potatoes with various fillings Rice, Mixed Vegetables Seasonal Salad Fresh Fruit or Yoghurt Eve's Pudding & Custard Selection of Pasta Sauces	Lamb Hot-Pot Vegetarian Pasta King Jacket Potatoes with various fillings Broccoli Seasonal Salad Fresh Fruit or Yoghurt Bread & Butter Pudding Selection of Pasta Sauces	Roast Turkey with Sage & Onion stuffing Vegetable Cottage Pie Jacket Potatoes with various fillings Creamed & Roast Pots Cabbage Seasonal Salad Syrup Sponge & Custard Fresh Fruit or Yoghurt	Cottage Pie Vegetarian Pasta King Jacket Potatoes with various fillings Fresh Carrots Seasonal Salad Fresh Fruit or Yoghurt Chocolate Cracknel & Glass of Milk Selection of Pasta Sauces	Salmon Fish Cake Potato Wedges Baked Beans, Peas Jacket Potatoes with various fillings Selection of Puddings Fresh Fruit or Yoghurt

FRESH BREAD SERVED DAILY WITH MAIN MEAL

Bistro 	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Chicken Korma, Rice	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Chicken Stir fry	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Lasagne & Salad	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Chicken Tandoori Flat Bread & Salad	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Salmon Fish Cakes Chips & Baked Beans
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Snack Bar — Selection of baguettes, wraps, sandwiches, salad pots, fruit pots, fresh fruit, yoghurts, muesli bars, cheese & biscuits, flap jack, date slice, oat & raisin biscuit, fruit & nut bags.



