





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, Sweetcorn Seasonal Salad Fresh Fruit or Yoghurt Eve's Pudding & Custard	Lamb Hot-Pot Salmon fingers Vegetarian Pasta King Jacket Potatoes with various fillings Croquette potatoes Broccoli Seasonal Salad Fresh Fruit or Yoghurt Bread & Butter Pudding	Roast Turkey & Sage & Onion stuffing Jacket Potatoes with various fillings Creamed & Roast Pots Cabbage Seasonal Salad Fresh Fruit or Yoghurt Rhubarb Crunch & Caramel Sauce	Cottage Pie Vegetarian Pasta King Jacket Potatoes with various fillings Carrots Seasonal Salad Fresh Fruit or Yoghurt Chocolate Semolina	<p><u>INTERNATIONAL FRIDAY</u> <u>SEE MENU FLYERS</u></p> Jacket Potatoes with various fillings Fresh Fruit or Yoghurt

FRESH BREAD SERVED DAILY WITH MAIN MEAL

Bistro  Special of the Day 	Jacket Potato with various fillings Pizza, Paninis, Chicken Metza & Salad Chicken Korma, Rice,	Jacket Potato with various fillings Pizza, Paninis Chicken Metza & Salad Chicken Stir fry	Jacket Potato with various fillings Pizza, Paninis Chicken Metza & Salad Lasagne & Salad	Jacket Potato with various fillings Pizza, Paninis Chicken Metza & Salad Chicken Tandoori Italian Bread & Salad	Jacket Potato with various fillings Pizza, Panini's Chicken Metza & 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.

