




# Menu Week 2



THE MARSH ACADEMY

Main Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bistro</b>  	Toad in the Hole Jacket Potato with various fillings  New Potatoes Green Beans Seasonal Salad  Fresh Fruit or Yoghurt Chocolate Sponge & Choc Sauce  Basilico, Chicken in Tomato Basil Sauce, Spicy Sausage	Beef Cobbler Jacket Potato with various fillings Salmon & Spinach quiche  Creamed Potatoes Fresh sliced Carrots Seasonal Salad  Fresh Fruit or Yoghurt Rice Pudding & Peaches  Creamy Tomato & Pesto, Bolognaise, Chicken Torino	Roast Pork & Apple sauce Jacket Potato with various fillings  Creamed or Roast Potatoes, Cabbage Seasonal Salad  Fresh Fruit or yoghurt Pineapple pudding & custard	Pork Stir Fry & Sweet & Sour sauce Jacket Potato with various fillings Rice Sweet Corn Seasonal Salad  Fresh Fruit or Yoghurt Apple Crumble & Vanilla sauce Basilico, Meatball, Chicken Italiano	Breaded fish & Tartar sauce Jacket Potato with various fillings  Chips Peas Seasonal Salad  Fresh Fruit or Yoghurt Selection of Puddings

FRESH BREAD SERVED DAILY WITH MAIN MEAL

<b>Bistro</b>  <b>Special of the Day</b>	Jacket Potato with various fillings  Pizza, Paninis Chicken Metza & Salad  Chicken Korma & Rice	Jacket Potato with various fillings  Pizza, Paninis, Chicken Metza & Salad  Beef Stir Fry	Jacket Potato with various fillings  Pizza, Panini, chicken Metza & Salad  Lasagne	Jacket Potato with various fillings  Pizza, Panini Chicken Metza & Salad  Tandoori Chicken in Italian bread & salad	Jacket Potato with Various fillings  Pizza, Panini Chicken Metza & Salad  Breaded Fish, 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.

