





Menu Week 2



THE MARSH ACADEMY

Main Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Bistro  	Sweet & Sour Chicken Jacket Potato with various fillings Noodles Stir Fry Vegetables Seasonal Salad Fresh Fruit or Yoghurt Chocolate Sponge & Choc Sauce Selection of pasta sauces	Beef Cobbler Jacket Potato with various fillings Croquette Potatoes Carrots Seasonal Salad Fresh Fruit or Yoghurt Rice Pudding & Peaches Selection of pasta sauces	Roast Pork & Apple sauce Vegetable Flan Jacket Potato with various fillings Creamed or Roast Potatoes, Cabbage Seasonal Salad Fresh Fruit or Yoghurt Pineapple Pudding & Custard	Steak & Vegetable Pie Jacket Potato with various fillings Creamed Potatoes Green Beans Seasonal Salad Fresh Fruit or Yoghurt Apple Crumble & Vanilla sauce Selection of pasta sauces	Breaded Fish & Tartar Sauce Broccoli & Cauliflower Bake Jacket Potato with various fillings Chips Peas, Baked Beans Seasonal Salad Fresh Fruit or Yoghurt Selection of Puddings

FRESH BREAD SERVED DAILY WITH MAIN MEAL

Bistro   Special of the Day	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Chicken Tikka & Rice	Jacket Potato with various fillings Pizza, Panini's, Chicken Sub & Salad Beef Stir Fry	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Lasagne	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Tandoori Chicken in Flatbread & Salad	Jacket Potato with various fillings Pizza, Panini's Chicken Sub & Salad Fishfingers, 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.

