





Menu Week 3



THE MARSH ACADEMY

Main Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Bistro  	Baked Gammon with Parsley sauce Jacket Potato with various fillings New Baked Potatoes in Garlic & Herbs Mixed vegetables Seasonal Salad Fresh Fruit, Yoghurts Rhubarb Pudding & Custard Pasta with selection of sauces	Chicken & Leek Pie Jacket Potato with various fillings Parsley Potatoes Broccoli Seasonal Salad Fresh Fruit, Yoghurts Rice Pudding & Jam Pasta with selection of sauces	Roast Beef & Yorkshire Pudding Vegetable Sausage & Yorkshire Pudding Creamed & Roast pots Cabbage, Seasonal Salad Fresh Fruit, Yoghurts Apple Pie & Custard	Minced Beef hot-pot Jacket Potato with various fillings Fresh Carrots Seasonal Salad Fresh Fruit, Yoghurts Choc Sponge & Sauce Pasta with selection of sauces	Fish in Parsley Sauce or Fish fingers Chips, Baked Beans, Peas Salad, Coleslaw Jacket Potato with various fillings Fresh Fruit, Yoghurts

FRESH BREAD SERVED DAILY WITH MAIN MEAL

Bistro  Special of the Day 	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 in Flatbread & 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, fruit & nut bags, cheese & biscuits, muesli bars, flap jack, date slice, oat & raisin biscuit

