




Menu Week 3



THE MARSH ACADEMY

Main Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Bistro  	Moroccan Lamb Vegetarian Pasta King Jacket Potato with various fillings Roasted Vegetables & Couscous Seasonal salad Fresh Fruit, Yoghurts Rhubarb Pudding & Custard Creamy Tomato Pesto sauce, Chicken Tomato & Basil, Spicy Sausage	Steak & Veg Pie or Salmon Fish Cakes Vegetarian Pasta Jacket Potato with various fillings Parsley Potatoes, Carrots Seasonal salad Fresh Fruit, Yoghurts Rice Pudding & Jam Basilico, Meatball, Chicken Italiano	Roast Beef & Yorkshire Pudding Vegetable Sausage & Yorkshire Pudding Creamed & Roast pots Cabbage Seasonal salad Fresh Fruit, Yoghurts Apple Pie & Custard	Lamb Balti Vegetarian Pasta Jacket Potato with various fillings Saffron Rice, Green Beans Seasonal salad Fresh Fruit, Yoghurts Choc Sponge & Sauce Vegetable Bolognaise, Italian Beef, Chicken Torino	<p style="text-align: center;"><u>INTERNATIONAL FRIDAY</u> <u>SEE MENU FLYERS</u></p> Jacket Potato with various filling Fresh Fruit, Yoghurts

FRESH BREAD SERVED DAILY WITH MAIN MEAL

Bistro  Special of the Day	Jacket Potato with Various fillings Pizza, Panini's, Chicken Metza & salad Chicken Korma, Rice	Jacket Potato with Various fillings Pizza, Panini's Chicken Metza & salad Chicken Stir Fry	Jacket Potato with Various fillings Pizza, Panini's Chicken Metza & salad Lasagne & Salad	Jacket Potato with Various fillings Pizza, Panini's Chicken Metza & salad Chicken Tandoori in Italian bread & salad	Jacket Potato with Various fillings Pizza, Panini's Chicken Metza & salad Salmon Fish Cakes, Chips, baked beans
---	--	---	--	--	--

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

