





Menu Week 4



THE MARSH ACADEMY

Main Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Bistro  	Sweet & Sour Chicken Vegetarian Pasta Jacket Potato with various fillings Rice & Sweetcorn Seasonal Salad Fresh Fruit or Yoghurt Apricot Crunch & Custard	Minced Steak Hot Pot Salmon & Spinach Quiche Vegetarian Pasta Jacket Potato with various fillings Croquette Potatoes Swede & Carrots Seasonal Salad Fresh Fruit or Yoghurt Chocolate Cracknel & Milk	Roast Pork & Apple sauce Jacket Potatoes with various fillings Creamed & Roast Pots Cabbage Seasonal Salad Syrup Sponge & Custard	Chicken & Mushroom Pie Jacket Potato with various fillings Creamed Potato Broccoli Seasonal Salad Semolina Pudding & Jam	Fish Cakes & Tartar Sauce Jacket Potato with various fillings Chips, Peas Seasonal Salad Selection of Puddings

FRESH BREAD SERVED DAILY WITH MAIN MEAL

Bistro  Special of the Day 	Jacket Potato with various fillings Pizza, Panini's Chicken Metza & Salad Chicken Tikka, Rice	Jacket Potato with various fillings Pizza, Panini's Chicken Metza & Salad Beef Stir Fry	Jacket Potato with various cold fillings Pizza, Panini's Chicken Metza & Salad Lasagne & Salad	Jacket Potato with various fillings Pizza, Paninis Chicken Metza & Salad Chicken Tandoori in Italian Bread, Salad	Jacket Potato various fillings Pizza, Panini's Chicken Metza & Salad 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

