



In partnership with



Licence no. FF20512

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	MSC Creamy Fisherman's Pie	Home Made Meat Balls in Tomato Sauce with Spaghetti	Picnic Day BBQ Chicken Drum Sticks	Beef Stir-Fry with Asian Style Vegetable Noodles	MSC fish in smart crumb
Vegetarian Option	Penne Pasta with Tomatoes, Veggie Mince & Herbs	Fruit & Vegetable Curry with Sweet Potatoes, Lentils & Steamed Rice	Cheese & Tomato Quiche	Vegetable & Lentil Lasagne	Leek, Cheese & Tomato Flan (made with organic whole meal & plain flour mix)
Vegetables	Green Beans Cauliflower	Steamed Cabbage Sweet corn	Salad Potato Salad Crudités Coleslaw	Stir-Fry Vegetables	Peas Chips
Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day					
Freshly Cooked each day - Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans					
Dessert	Lemon Sponge Pudding & Custard Fruit Yogurt Fresh Fruit Platter	Pears with Ice Cream Yogurt Fresh Fruit Salad	Forrest Fruit & Crushed Short Bread Fool Fruit Yogurt Fresh Platter Salad	Fruit Trifle Yogurt Fresh Fruit Salad	Peach Crumble & Custard (made with organic whole meal & plain flour mix) Yogurt Fresh Fruit Platter
Custard Served as an Accompaniment to All Hot Desserts					
Daily Additions	Water Brown Bread selection	Water Brown Organic Bread	Water Brown Bread selection	Water Brown Bread selection	Water Brown Bread selection
Oily Fish Locally sourced ingredient when in season and available					

Details

Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009