



In partnership with



Licence no. FF20512

Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	MSC Salmon, Tomato & Pasta Bake	Pita Bread with Choice of Fillings Spicy minced Beef & Vegetable Tagine or Roasted Vegetables with Chick Peas, Cumin & Tomatoes	Cajun chicken with Spiced Rice & Salad	Lamb Tikka Masala with Bombay Potatoes	MSC Fillet Fish Fingers
Vegetarian Option	Macaroni Cheese with baked beans		Hungarian Style Vegetable Goulash New Potatoes	Lentil & Aubergine "Jalfrezi" with Roasted Peppers & Steamed Rice	Tomato & Onion Quiche (made with organic whole meal & plain flour mix)
Vegetables	Carrots Broccoli	cucumber Salad Sweet Corn Potato Wedges	Cabbage Carrots	Cauliflower Roasted Courgettes	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	Chocolate Sponge & Chocolate Sauce Yogurt Fresh Fruit Salad	Lemon Sponge with Cream Yogurt Fresh Fruit Salad	Mixed Berry Trifle Yogurt Fresh Fruit Salad	Pear & Red Fruit Crumble (made with organic whole meal & plain flour mix) with Custard Yogurt Fresh Fruit Salad	Bread & Butter Pudding Yogurt Fresh Fruit Salad
Custard Served as an Accompaniment to All Hot Desserts					
Daily Additions	Water Bread Brown selection	Water Bread Brown selection	Water Brown Organic Bread	Water Brown Bread selection	Water Brown Bread selection
Oily Fish Locally sourced ingredient when in season and available					

Marine Stewardship Council Details

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