

St Margaret's 3 week menu

WEEK 1

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>All Day Breakfast</u> <i>Bread, egg, beans, tomatoes, mushrooms, bacon or veggie sausage.</i></p>	<p><u>Spaghetti Bolognese</u> <i>Minced beef/minced soya, onion, garlic, tomatoes, tomato puree, mushrooms, herbs and spaghetti.</i></p>	<p><u>Roast Dinner</u> <i>Home roasted Turkey or Beef served with roast potatoes, carrot & swede, broccoli, Yorkshire pudding and gravy</i></p>	<p><u>Chicken Nuggets</u> <i>Chicken, cornflakes, eggs, flour and rice. Sweetcorn.</i> Quorn Nuggets are served as a vegetarian alternative</p>	<p><u>Fish & Chips</u> <i>Battered cod or breaded cod fingers, served with beans/peas, chips and tomato sauce.</i></p>

WEEK 2

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>Homemade Pizza</u> <i>Pizza base, pizza topping, cheese, ham, pineapple, pepperoni served with homemade potato wedges and beans.</i></p>	<p><u>Chicken Pie</u> <i>Chicken or Quorn cooked with onions, carrots and gravy topped with pastry and served with homemade potatoes, peas and gravy</i></p>	<p><u>Roast Dinner</u> <i>Home roasted Turkey or Beef served with roast potatoes, carrot & swede, broccoli, Yorkshire pudding and gravy</i></p>	<p><u>Beef Stew</u> <i>Chunks of beef cooked with stock, tomatoes, potatoes, sweet potatoes, onions, carrots, apricots, mushrooms and crusty bread.</i> Veg & Lentil soup served as a vegetarian option</p>	<p><u>Fish & Chips</u> <i>Battered cod or breaded cod fingers, served with beans/peas, chips and tomato sauce.</i></p>

WEEK 3

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>Sausage & Mash</u> <i>Pork sausage or Quorn sausage served with homemade mashed potatoes, beans, tomatoes, mushrooms and gravy.</i></p>	<p><u>Chicken curry</u> <i>Fresh chicken cooked with onions, tikka curry sauce and served on a bed of rice.</i> Sweet Potato & Lentil Curry served as a vegetarian alternative</p>	<p><u>Roast Dinner</u> <i>Home roasted Turkey or Beef served with roast potatoes, carrot & swede, broccoli, Yorkshire pudding and gravy</i></p>	<p><u>Lasagne</u> <i>Minced beef or Vegiemince cooked with onions, garlic, tomatoes, tomato puree, mushrooms and herbs layered between pasta sheets and topped with a cheese sauce.</i></p>	<p><u>Fish & Chips</u> <i>Battered cod or breaded cod fingers, served with beans/peas, chips and tomato sauce.</i></p>

Jacket Potatoes with Various Fillings & A Full Deli Bar are available daily as alternatives

