

## St Margaret's 3 week menu

### WEEK 1

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

### WEEK 2

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

### WEEK 3

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

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

