

SPRING MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cream of tomato sauce with soya mince and penne pasta	Chicken tikka masala	Spanish beef hash	Moroccan chicken tagine	MCS fish fingers Breaded pollock
VEGETARIAN	Courgette & parmesan risotto	Red lentil dhal	Corn and butterbean chowder	Vegetarian tagine	Beetroot and feta pattie
SIDES	Steamed broccoli	Pilau rice , parsley carrots, naan bread	Paprika potato wedges Sweetcorn	Jewelled cous cous Fattoush salad Green beans	Oven baked chips, garden peas tartare sauce
JACKETS	Jacket Potato, baked beans, cheese				
DESSERT	Greek style yoghurt Fruit platter	Banana flapjack Greek style yoghurt Fruit platter	Greek style yoghurt Fruit platter	Greek style yoghurt Fruit platter	Marble cake Greek style yoghurt Fruit platter
DAILY	Homemade bread Crudites sticks	Homemade bread Crudites sticks	Homemade bread Crudites sticks	Homemade bread Crudites sticks	Homemade bread Crudites sticks