

MARIE D'ORLIAC

WEEK 1 MENU

Week 1 02.01.17 – 30.01.17 06.03.17 03.04.17	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Spinach Soup	Parsnip Soup	*****	Tomato Soup	Vegetable Soup
Main Course	Cannellini Beans, Spinach and Sausage Stew	Fish and Mixed Vegetables in Tomato Sauce Served with Couscous	Traditional Beef Bolognaise with Pasta	Chicken, Winter Vegetable Casserole Served with Rice	Ham and Cheese Pizza Served with Salad
Vegetarian	Vegetarian Sausage, Cannellini Beans and Spinach Stew	Roasted Butternut Squash and Halloumi Served with Couscous	Macaroni Cheese	Quorn, Winter Vegetable Casserole Served with Rice	Margarita Pizza
Vegetables	Broccoli	Green Beans	Carrots	Steamed Green Cabbage	Coleslaw Salad
Salads	Tomato, Cucumber, Mixed Lettuce, Chef's Choice Salad	Tomato, Cucumber, Mixed Lettuce, Caesar Salad	Tomato, Cucumber, Mixed Lettuce, Red Cabbage Salad	Tomato, Cucumber, Mixed Lettuce, Coleslaw Salad	Tomato, Cucumber, Mixed Lettuce
Cheeseboard	Daily Selection of French and British Cheeses				
Dessert	Mixed Fruit Crumble	Peach Cheesecake	Cinnamon Rolls	Vanilla Panna Cotta	Bread and Butter Pudding
Yoghurt & Fruit served Daily					

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WEEK 2 MENU

Week 2 09.01.17- 06.02.17 13.03.17					
	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Carrot and Coriander	Potato & Leek	*****	Tomato Soup	Cream Sweetcorn
Main Course	Roasted Chicken Served with New Potato	Moroccan Style Fish and Chickpeas With Couscous	Carbonara Pasta	Beef Bourguignon Served with Rice	Breaded Fish Served with Oven Chips
Vegetarian	Vegetarian Quiche Served with New Potato	Moroccan Quorn and Vegetables Served with Couscous	Sun-Dried Tomato and Black Olive Pasta	Lentil Bourguignon Served with Rice	Cauliflower and Broccoli Bake
Vegetables	Green Beans	Broccoli	Carrots	Roasted Root Vegetables	Baked Beans
Salads	Tomato, Cucumber, Mixed Lettuce, Spinach Salad	Tomato, Cucumber, Mixed Lettuce, Spicy Moroccan Carrot Salad	Tomato, Cucumber, Mixed Lettuce, Rocket Salad	Tomato, Cucumber, Mixed Lettuce, Crunchy Salad	Tomato, Cucumber, Mixed Lettuce, Chef's Choice Salad
Cheeseboard	Daily Selection of French and British Cheeses				
Dessert	Fruit Jelly	Bakewell Tart	Chocolate Cake	Cookies	Sponge Cake
Yoghurt & Fruit served Daily					

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WEEK 3 MENU

Week 3 16.01.17 – 20.02.17 20.03.17	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Butternut Soup	Tomato Soup	*****	Vegetable Soup	Beetroot Soup
Main Course	Coconut Fish Curry Served with Basmati Rice	Baked Jacket Potato Topped with Mince Beef and Cheese	Sausage, Red Onions and Mixed Peppers Pasta Bake	Slow Cooked Lamb and Chunky Vegetables Served with Bulgur Wheat	Ham and Cheese Pizza served with Salad
Vegetarian	Aubergine and Pea Curry Served with Basmati Rice	Baked Jacket Potato Topped with Quorn Mince and Cheese	Creamy Tomato and Basil Pasta	Sautéed Mushroom, Onions and Spinach Served with Bulgur Wheat	Margarita Pizza
Vegetables	Mixed Vegetables	Carrots	Green Beans	Broccoli	Coleslaw Salad
Salads	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce, Macedonia Salad	Tomato, Cucumber, Mixed Lettuce, Sweetcorn Salad	Tomato, Cucumber, Mixed Lettuce, Chef's Choice Salad	Tomato, Cucumber, Mixed Lettuce
Cheeseboard	Daily Selection of French and British Cheeses				
Dessert	Pineapple Cake	Crème Caramel	Cookies	Fruit Jelly	Pear and Chocolate Cake
Yoghurt & Fruit served daily					

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WEEK 4 MENU

Week 4 23.01.17 – 27.02.17 27.03.17	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Beans Soup	Lentil Soup	*****	Creamy Tomato Soup	Roasted Sweet Potato
Main Course	Lamb Tagine Served with Couscous	Pork Sausage with Creamy Mashed Potato and Gravy	Beef, Red Onions and Broccoli Served with Noodles	Garlic and Herbs Chicken Served with Rice	Battered Fish Served with Oven Chips
Vegetarian	Roasted Stuffed Peppers Served with Couscous	Vegetarian Sausage with Creamy Mashed Potato and Gravy	Bok Choy- Bean Sprout and Tofu Noodles	Quorn and Vegetable Biryani Served with Rice	Refried Beans Quesadillas
Vegetables	Broccoli	Peas & Carrots	Steamed Green Cabbage	Root Vegetables	Baked Beans
Salads	Tomato, Cucumber, Mixed Lettuce, White Cabbage Salad	Tomato, Cucumber, Mixed Lettuce, Chef's Choice Salad	Tomato, Cucumber, Mixed Lettuce, Sweetcorn Salad	Tomato, Cucumber, Mixed Lettuce, Spinach Salad	Tomato, Cucumber, Mixed Lettuce, Grated Carrots
Cheeseboard	Daily Selection of French and British Cheeses				
Dessert	Raspberry Jelly	Chocolate Pot with Ginger	Apple and Cinnamon Crumble	Palmier Biscuits	Fruit Cake
Yoghurt & Fruit served daily					