

MARIE D'ORLIAC

WEEK 1 MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	blanquette de volaille and brown rice	roast gammon with roast potatoes and gravy	pack lunch tbc	breaded chicken schnitzel with kale/ apple slaw and couscous	fish finger served with oven Chips
Vegetarian	egg florentine with hollandaise sauce	quorn and roasted vegetable with mash potato		vegetarian meatballs with Couscous	sweet potato and spinach roulade
Vegetables	broccoli carrot	medley of vegetables sweetcorn		green beans carrots	peas beetroot
Cheese	cheddar	brie		red leicester	cheddar
Fruit	banana	apple		orange	fruit salad
Dessert	yogurt	jelly		carrot cake	yogurt

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WEEK 2 MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	chicken and chorizo paella	homemade margarita pizza	pack lunch tbc	steak hache with sliced tomato/ coleslaw and french fries	“catch of the day” with roast sweet potato
Vegetarian	chickpeas and peppers paella	homemade margarita pizza		vegetable pattie with sliced tomato/ coleslaw and french fries	stuffed aubergine with couscous and feta
Vegetables	autumn vegetables	french beans butternut squash		courgette carrot	carrots peas
Cheese	red leicester	cheddar		brie	red leicester
Fruit	pear	banana		apple	watermelon
Dessert	yogurt	raisin flapjack		cinnamon Rolls	yogurt

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WEEK 3 MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	roast chicken thigh or roast new potatoes	beef bolognaise with spaghetti	pack lunch tbc	pork sausages with mash potato and gravy	chicken fajitas with rice
Vegetarian	falafels with warm tomato, olives and feta salad	vegetable bolognaise with spaghetti		vegetable sausage with mash potato and gravy	stuffed courgette with lentils
Vegetables	steamed carrots beetroot	broccoli savoy cabbage		cauliflower carrots	garden Peas roast parsnips
Cheese	cheddar	brie		red leicester	cheddar
Fruit	banana	orange		grapes	fruit salad
Dessert	yogurt	apple crumble		yogurt	strawberry and yogurt cake