

MARIE D'ORLIAC

WEEK 1 MENU

Week 1 18.4.22, 16.5.22 20.6.22	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Carrot		Broccoli	Leek and potato
Main Course	Chicken tacos with sweetcorn	Roast gammon with roast potatoes and gravy	Wholemeal pasta with A choice of sauces	Beef meatballs with couscous and tomato sauce	Fish Finger Served with Oven Chips
Vegetarian	Veggie tacos with sweetcorn	Quorn and roasted Vegetable with mash potato		Veg meatballs with couscous and tomato sauce	Falafel scotch egg with salad
Vegetables	Broccoli Carrot	Medley of vegetables	Macedoine vegetable	Steamed Carrots Green beans	Peas Roast beetroot
Cheese	Humus, pitta and cruditee	Brie		Red leicester	Cheddar
Fruit	Banana	Fruit salad	Pear	Orange	Apple
Dessert	Yoghurt	Jelly	Yoghurt	Apple crumble	Yoghurt

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WEEK 2 MENU

Week 2 25.4.22 23.5.22 27.6.22	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Broccoli		Leek and potato	Mushroom
Main Course	Pork sausage with mash potato and gravy	Chicken curry with rice And salad	Spaghetti with a choice of sauces	Pulled Turkey with BBQ sauce with sweet potato wedge	Pizza Margherita
Vegetarian	Vegetable sausage with mash potato and gravy	Vegetable noodles with Seasoned vegetables And salad		Pea, asparagus and goat's cheese fritatta	Pizza Margherita
Vegetables	Baked beans Peas	Green beans Cauliflower	Broccoli	Courgette carrot	Sweetcorn Steamed parsnips
Cheese	Humus, pitta and cruditee	Cheddar		Red leicester	Cheddar
Fruit	Pear	Fruit salad	Orange	Apple	Banana
Dessert	Yoghurt	Yoghurt	Yoghurt	Flapjack	Yoghurt

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WEEK 3 MENU

Week 3 2.5.22 6.6.22 4.7.22	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Carrot		Broccoli	Leek and potato
Main Course	Beef Bourguignon With rice	Turkey , chickpea and coriander tagine with couscous	Fusilli pasta with a choice of sauces	Theme day	Fish Fingers Served with Oven Chips
Vegetarian	Falafels with warm tomato, olives and feta salad	Quorn Southern Fried Style Served with eibly		Theme day	Squash, cauliflower and goats cheese crumble
Vegetables	Green beans	Broccoli Seasonal cabbage	Meddley of vegetables		Garden Peas
Cheese	Humus, pitta and cruditee	Brie		Red leicester	Cheddar
Fruit	Banana	Fruit salad	Orange	Apple	
Dessert	Yoghurt	Jelly	Yoghurt	Yogurt	Chocolate cake

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WEEK 4 MENU

Week 4 9.5.22 13.6.22 11.7.22	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Broccoli		Carrot	Vegetable
Main Course	Roasted Chicken Served with roast vegetables and veg gravy	Bolognese and rice	Tricolour pasta with a choice of sauces	Southern Chicken Served with ebyl	Pizza Margherita
Vegetarian	Egg Florentine with Hollandaise sauce	Roast vegetable and Quorn Bolognese		Quorn Southern Fried Style Served with ebyl	Pizza Margherita
Vegetables	Sweetcorn Courgette	Green beans Cabbage	Macedoine vegetables	Green Beans Roast tomatoes	Salad
Cheese	Humus, pitta and cruditee	Brie		Red leicester	Cheddar
Fruit	Apple	Orange		Bananas	Orange
Dessert	Yoghurt	Yoghurt	Yoghurt	Fruit cake	Yoghurt