



In partnership with



Menu 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Cheesy MSC Salmon & Pasta Bake	<b>Pita Bread with Choice of Fillings</b> Fruity Minced Lamb & Vegetable Tagine or Roasted Vegetables with Chick Peas, Cumin & Tomatoes - Served with Couscous	Cajun Chicken with Spiced Rice & Salad	Lamb Tikka Masala with Bombay Potatoes	MSC Baked Fillet of Fish in Whole Meal Crumb With Chips, Ketchup & Tartar Sauce
<b>Vegetarian Option</b>	Lentil & Aubergine "Jalfrezi" with Roasted Peppers & Steamed Rice	Minted Cucumber Salad Sweet Corn Potato Wedges	Hungarian Style Vegetable Goulash with Yogurt & New Potatoes	Vegetarian Lasagne	Tomato & Onion Quiche With Chips
<b>Vegetables &amp; Potato Option</b>	Steamed Carrots Broccoli	Cabbage Carrots	Cauliflower Roasted Courgettes	Peas Roasted Tomatoes	
Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day					
Freshly Cooked each day - Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans					
<b>Dessert</b>	Baked Pears with Custard Yogurt Fresh Fruit Salad	Lemon Sponge with Cream  Yogurt Fresh Fruit Salad	Mango & Orange Smoothie Yogurt Fresh Fruit Salad	Pear & Red Fruit Crumble with Custard Yogurt Fresh Fruit Salad	Yogurt Fresh Fruit Salad
Custard Served as an Accompaniment to All Hot Desserts					
<b>Daily Additions</b>	Water, Milk Bread selection	Water, Milk Bread selection	Water, Milk Bread selection	Water, Milk Bread selection	Water, Milk Bread selection

	<b>Main Courses</b>		<b>Salads</b>		<b>Fish</b>
	<b>Vegetarian</b>		<b>Desserts</b>		<b>Additions</b>