

MARIE D'ORLIAC

WEEK 1 MENU

Week 1 06.01.20 03.02.20 09.03.20	Monday	Tuesday	Wednesday	Thursday	Friday
Bread And Soup	Tomato	Broccoli	Mushroom	carrot and coriander	cauliflower
Main Course	Blanquette de Volaille And brown rice	Slow cooked Pork Served with mash potato	Spaghetti with a Tomato, cheese or green sauce	Chicken cordon blue Couscous	Fish Finger Served with Oven Chips
Vegetarian	Egg Florentine with hollandaise sauce	Quorn and Roasted Vegetable Served with mash potato	Spaghetti with a Tomato, cheese or green sauce	Vegetarian Meatballs Served with Couscous	Roast vegetable tart
Vegetables	Steamed carrots	Mixed Peppers	Macedonia	Green beans	Peas
Salads	Tomato, Cucumber, Mixed Lettuce White Beans Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Chicken Sausage	Tomato, Cucumber, Mixed Lettuce, Chickpea Salad	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Apple crumble with custard	Fruits and Yoghurt
Yoghurt & Fruit served Daily					

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WEEK 2 MENU

Week 2 13.01.20 10.02.20 16.03.20	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Tomato	Broccoli	Mushroom	carrot and coriander	cauliflower
Main Course	Chicken Korma with Rice and Raita	Homemade Margarita Pizza	Maccheroni Served with a Tomato, cheese or green sauce	Steak Hache With sliced tomato, coleslaw and French fries	"Catch of the day" with roast sweet potato
Vegetarian	Butternut and chickpea curry with rice and Raita	Margarita Pizza	Maccheroni Served with a Tomato, cheese or green sauce	Jack Fruit Pattie with sliced tomato, coleslaw and French fries	Stuffed aubergine with couscous and feta
Vegetables	Autumn Vegetables	French Beans	Macedonia Vegetables	Courgette	Carrots
Salads	Tomato, Cucumber, Mixed Lettuce, Coleslaw Salad	Tomato, Cucumber, Mixed Lettuce	Tomato, Cucumber, Mixed Lettuce, green bean	Tomato, Cucumber, Mixed Lettuce, Boiled Eggs	Tomato, Cucumber, Mixed Lettuce, Caesar Salad
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurts	Cinnamon Rolls	Fruits and Yoghurt
Yoghurt & Fruit served Daily					

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WEEK 3 MENU

Week 3 20.01.20 24.02.20 23.03.20	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Tomato	Broccoli	Mushroom	Theme day	cauliflower
Main Course	Beef Meatballs in a Tomato sauce steamed rice or pasta	Southern Chicken Legs Served with Durum Wheat	Fusilli Served with a Tomato, cheese or green sauce	Theme Day	Fish Fingers Served with Oven Chips
Vegetarian	Vegetable meatballs With steamed rice or Pasta	Quorn Southern Fried Style Served with Durum Wheat	Fusilli Served with a Tomato, cheese or green sauce	Theme Day	Vegetable and lentil cottage pie
Vegetables	Steamed Carrots	Broccoli	Green Beans	Theme Day	Garden Peas
Salads	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Black Olives	Theme Day	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Theme Day	Fruits and Yoghurt
Yoghurt & Fruit served daily					

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WEEK 4 MENU

Week 4 27.01.20 02.03.20 30.03.20	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	Tomato	Broccoli	Mushroom	Vegetables	cauliflower
Main Course	Roasted Citrus Chicken Thighs Served Rice	Beef Lasagne with Garlic bread	Penne pasta Served with a Tomato, cheese or green sauce	Pork Sausage Served with Mash potato and gravy	Homemade Margarita Pizza
Vegetarian	Roasted Vegetables with Quorn served with Rice	Kale ricotta and leek lasagne with garlic bread	Penne pasta Served with a Tomato, cheese or green sauce	Vegetarian Sausage Served with Mash potato and gravy	Margarita Pizza
Vegetables	Broccoli	Green Beans	Courgette	Carrots	Caesar Salad
Salads	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce, Mixed Beans Salad	Tomato, Cucumber, Mixed Lettuce, Boiled Eggs	Tomato, Cucumber, Mixed Lettuce, Spinach	Tomato, Cucumber, Mixed Lettuce
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Ginger cake	Fruits and Yoghurt
Yoghurt & Fruit served daily					