

MARIE D'ORLIAC

WEEK 1 MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Tomato	Broccoli		Carrot	Mushroom
And Soup					
Main Course	Jerk style chicken with rice	Roast gammon with roast potatoes and gravy	Pack lunch	Beef meatballs with couscous and tomato sauce	Fish Finger Served with Oven Chips
Vegetarian	Egg florentine with hollandaise sauce	Quorn and roasted Vegetable with mash potato		Veg meatballs with couscous and tomato sauce	Tomato and Goat Cheese Tart
Vegetables	Broccoli Carrot	Medley of vegetables Sweetcorn		Steamed Carrots Green beans	Peas Roast beetroot
Cheese	Cheddar	Brie		Red leicester	cheddar
Fruit	banana	apple		orange	fruit salad
Dessert	Yoghurt	Jelly		Beetroot and chocolate Cake	Yoghurt

MARIE D'ORLIAC

WEEK 2 MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Carrot	Broccoli		Tomato	Mushroom
And Soup					
Main Course	Wholemeal pasta with tomato sauce or cheese	Pork sausage with mash potato and gravy	Pack lunch	Roast Turkey with roast vegetables and gravy	Catch of the day with roast sweet potato
Vegetarian	Spinach, red onion and blue cheese	Vegetable sausage with mash potato and gravy		Vegetable stroganoff with rice	Giant Yorkshire pudding with roast veg and halloumi
Vegetables	Green beans	Baked beans carrots		Courgette carrot	Peas Steamed parsnips
Cheese	Red Leicester	cheddar		Red leicester	cheddar
Fruit	Pear	banana		apple	watermelon
Dessert	Yoghurt	Yoghurt		Cinnamon rolls	Yoghurt

MARIE D'ORLIAC

WEEK 3 MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	tomato	Broccoli		Carrot	Mushroom
And Soup					
Main Course	Teriyaki stir fry pork and noodles	Southern Chicken Served with ebyl	Pack lunch	Theme day	Fish Fingers Served with Oven Chips
Vegetarian	Falafels with warm tomato, olives and feta salad	Quorn Southern Fried Style Served with ebyl		Theme day	Vegetarian Moussaka
Vegetables	Steamed Carrots Green beans	Broccoli Seasonal cabbage			Garden Peas
Cheese	Cheddar	brie		Red leicester	cheddar
Fruit	Banana	orange		grapes	fruit salad
Dessert	Yoghurt	Jelly		Yogurt	Spinach, yogurt and coconut cake

MARIE D'ORLIAC

WEEK 4 MENU

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Bread And Soup	Tomato	Broccoli		Carrot	Mushroom
Main Course	Roasted Chicken Served with roast vegetables and veg gravy	Beef and lentil lasagne	Pack lunch	Turkey Strogonoff with couscous	Margarita Pitta Pizza
Vegetarian	Roasted Vegetables with Quorn and veg gravy	Ricotta and spinach lasagne		Aubergine and Vegetable tagine with couscous	Margarita Pitta Pizza
Vegetables	Sweetcorn courgette	Glazed Carrots		Green Beans macedonia	cauliflower
Cheese	cheddar	brie		Red leicester	cheddar
Fruit	Apple	orange		bananas	fruit salad
Dessert	Yoghurt	Yoghurt		Orange cake	Fruits and Yoghurt