



# St Minver Canteen Winter Menu

## Week 1

Home Baked Bread, Milk Fresh Salad, Fruit and Yoghurt and a selection of fillings with Jacket Potatoes are available every day

Monday	Tuesday	Wednesday	Thursday	Friday
CHEESE & TOMATO PIZZA OR JACKET POTATO  BEANS & PEAS  *** FRUITY FLAPJACK	LASAGNE OR VEGGIE LASAGNE WITH GARLIC BREAD OR JACKET POTATO  GREEN BEANS & CARROTS *** RHUBARB CRUMBLE & CUSTARD	ROAST CHICKEN OR QUORN ROAST WITH GRAVY  ROAST POTATOES 3 SEASONAL VEG *** SHORTBREAD	SAUSAGE OR VEGGIE SAUSAGE CASSEROLE WITH SAUTED POTATOES OR JACKET POTATO  SWEETCORN & BROCCOLI  *** APPLE SONGE & CUSTARD	FISH FINGERS OR PEPPER FRITTATA WITH CHIPS OR JACKET POTATO  BEANS & PEAS *** FROZEN MOUSSE

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
MACARONI CHEESE OR JACKET POTATO  SWEETCORN & PEAS  *** FRUIT YOGHURT	BEEF OR VEGGIE CASSEROLE WITH DUMPLINGS OR JACKET POTATO  CARROTS & BROCCOLI  *** APPLE & BLUEBERRY SLICE	ROAST PORK OR QUORN ROAST WITH GRAVY  ROAST POTATOES 3 SEASONAL VEG *** BERRY CRUMBLE & CUSTARD	STEAK OR CHEESE & ONION PASTY OR JACKET POTATOES  PEAS & BEANS  *** RICE PUDDING	FISH PIE OR JACKET POTATO  PEAS & BEANS  *** MINI ICED BUN

## Week 3

All Meat is provided by Williams Butchers of Wadebridge and meets the Farm Assured Standards

Monday	Tuesday	Wednesday	Thursday	Friday
BEANIE PASTA BAKE OR JACKET POTATO  SWEETCORN & PBROCCOLI  *** CHOCOLATE SPONGE & CHOCOLATE CUS- TARD	CHICKEN OR VEGETABLE CURRY WITH RICE OR JACKET POTATO  CARROTS & PEAS  *** FRUIT JELLY	ROAST CHICKEN OR QUORN ROAST  GRAVY  ROAST POTATOES 3 SEASONAL VEG *** APPLE CRUMBLE & CUSTARD	BEEFBURGER OR VEGGIE BURGER WITH POTATO WEDGES OR JACKET POTATO  SPAGHETTI HOOPS & PEAS  *** FRUIT & ICE CREAM	COD FILLETS IN BREADCRUMBS OR TOMATO QUICHE WITH CHIPS OR JACKET POTATO  PEAS & BEANS *** COOKIE

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