



St Minver Canteen Winter Menu

Home Baked Bread, Milk Fresh Salad and Vegetables, Fruit and Yoghurt available every day

Week 1

Jacket Potatos with various fillings are available Mon, Tues, Thurs & Fri

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
CHEESE & TOMATO PIZZA OR PASTA WITH SUPER HERO TOMATO SAUCE	CORNISH SAUSAGE IN A ROLL OR VEGETARIAN SAUSAGE IN A ROLL	ROAST CHICKEN OR QUORN ROAST WITH GRAVY	CHICKEN & NOODLE STIR FRY OR VEGETABLE PASTA BAKE	BATTERED FISH OR VEGETABLE CRUSTLESS QUICHE
HOMEMADE COLESLAW SALAD BAR OR JACKET POTATO	HOMEMADE JACKET WEDGES SEASONAL VEGETABLES OR JACKET POTATO	ROAST POTATOES YORKSHIRE PUDDING SEASONAL VEGETABLES	SEASONAL VEGETABLES OR JACKET POTATO	CHIPS SEASONAL VEGETABLES OR JACKET POTATO
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YOGHURT/FRUIT	ST CLEMENT CAKE	CHOCOLATE SPONGE & CUSTARD	CARROT CAKE	STRAWBERRY MOUSSE

Week 2

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
VEGETABLE LASAGNE OR TUNA & TOMATO BAKE	CHICKEN PIE OR VEGETABLE PIE	ROAST BEEF OR QUORN ROAST WITH GRAVY	BUILD YOUR OWN BURGERS OR VEGETABLE BURGER JACKET WEDGES	FISH FINGERS OR VEGETABLE KEDGEREE CHIPS
GARLIC BREAD SEASONAL VEGETABLES OR JACKET POTATO	MASHED POTATO SEASONAL VEGETABLES OR JACKET POTATO	ROAST POTATOES YORKSHIRE PUDDING SEASONAL VEGETABLES	SEASONAL VEGETABLES OR JACKET POTATO	SEASONAL VEGETABLES OR JACKET POTATO
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GINGERBREAD COOKIE	BANANA BREAD	APPLE & BERRY CRUMBLE & CUSTARD	CHOCOLATE CRISPY SLICE/MELON	FROZEN SMOOTHIE

Week 3

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
MACARONI CHEESE OR PASTA WITH SUPER HERO TOMATO SAUCE	MILD CHICKEN CURRY OR MILD VEGETABLE CHILLI	ROAST GAMMON OR QUORN ROAST WITH GRAVY	ALL DAY BREAKFAST OR VEGETARIAN ALL DAY BREAKFAST	CRISPY FISH TACOS (COD GOUJON) OR SALMON FISHCAKE CHIPS
SEASONAL VEGETABLES OR JACKET POTATO	WHOLEGRAIN RICE SEASONAL VEGATABLES OR JACKET POTATO	ROAST POTATOES YORKSHIRE PUDDING SEASONAL VEGETABLES	BEANS/MUSHROOMS/TOMATOES OR JACKET POTATO	BEANS/SWEETCORN OR JACKET POTATO
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SHORTBREAD	APPLE CAKE	FRUIT & OAT SLICE WITH CUSTARD	ICE-CREAM	JELLY

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