



St Minver Canteen Winter Menu

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

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

Week 1

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
CHEESE & TOMATO PIZZA OR JACKET POTATO BEANS & SWEETCORN *** APRICOT FLAPJACK	COTTAGE PIE OR VEGGIE MINCE COTTAGE PIE OR JACKET POTATO PEAS & CARROTS *** RICE PUDDING	ROAST CHICKEN OR QUORN ROAST WITH GRAVY ROAST POTATOES 3 SEASONAL VEG *** APPLE CRUMBLE & CUSTARD	CHICKEN CURRY OR VEGGIE CURRY WITH BROWN RICE OR JACKET POTATO BROCCOLI & SWEETCORN *** CHOCOLATE SPONGE & CUSTARD	FISH OR CHEESE & ONION QUICHE WITH CHIPS OR JACKET POTATO BEANS & PEAS *** MINI ICED BUNS

Week 2

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
CHEESY PASTA BAKE OR JACKET POTATO BEANS & PEAS *** BERRY CRUMBLE & CUSTARD	CHICKEN & LEEK PIE & MASH POTATO OR CHEESY LEEK PIE WITH POTATO TOPPING OR JACKET POTATO CARROTS & BROCCOLI *** FRUIT & ICECREAM	ROAST PORK OR QUORN ROAST WITH GRAVY ROAST POTATOES 3 SEASONAL VEG *** VANILLA SPONGE & CUSTARD	BEEF BURGERS OR SPICY BEAN BURGER WITH POTATO WEDGES OR JACKET POTATO PEAS & SPAGHETTI HOOPS *** FRUIT YOGHURT	SALMON FISH CAKES OR VEGGIE SAUSAGE WITH CHIPS JACKET POTATO PEAS & BEANS *** SHORTBREAD

Week 3

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

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
MACARONI CHEESE OR JACKET POTATO SWEETCORN & BROCCOLI *** APPLE SPONGE & CUSTARD	STEAK PASTY OR CHEESE & ONION PASTY OR JACKET POTATO BEANS & PEAS *** FRUIT & JELLY	ROAST CHICKEN OR QUORN ROAST WITH GRAVY ROAST POTATOES 3 SEASONAL VEG *** PEACH CRUMBLE & CUSTARD	BEEF LASAGNE OR VEGGIE LASAGNE OR JACKET POTATO GREEN BEANS & SWEETCORN *** FROZEN RASPBERRY RIPPLE MOUSSE	FISH FINGERS OR PEPPER FRITTATA WITH CHIPS OR JACKET POTATO PEAS & BEANS *** COOKIE