



St Minver Canteen Spring 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
MACARONI CHEESE WITH CHUNKY BREAD OR JACKET POTATO	SAUSAGE CASSEROLE OR VEGGIE SAUSAGE CASSEROLE SAUTE POTATOES OR JACKET POTATO	ROAST CHICKEN OR QUORN ROAST WITH GRAVY	PASTA BOLGNESE OR VEGGIE MINCE BOLGNESE WITH GARLIC BREAD	FISH FINGERS OR CHEESE & TOMATO QUICHE WITH CHIPS OR JACKET POTATO
BEANS & PEAS	OR JACKET POTATO	ROAST POTATOES 3 SEASONAL VEG	OR JACKET POTATO	BEANS & PEAS
***	BROCCOLI & SWEETCORN ***	***	***	***
PEACHES AND ICE CREAM	APPLE SPONGE AND CUSTARD	RHUBARB CRUMBLE & CUSTARD	FRUIT & JELLY	COOKIE

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
CHEESE & TOMATO PIZZA OR JACKET POTATO	CHICKEN CURRY OR VEGETABLE CURRY WITH RICE OR JACKET POTATO	ROAST GAMMON OR QUORN ROAST WITH GRAVY	STEAK PASTY OR CHEESE PASTY OR JACKET POTATO	FISH PIE OR JACKET POTATO
BEANS & SWEETCORN	CARROTS & BROCCOLI	ROAST POTATOES 3 SEASONAL VEG	PEAS & BEANS	PEAS & BEANS
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VANILLA SPONGE	RICE PUDDING	CHOCOLATE SPONGE & CUSTARD	STEWED APPLE & CUSTARD	FRUIT & ICE CREAM

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	BEEF BURGER OR VEGGI BURGER WITH POTATO WEDGES OR JACKET POTATO	ROAST CHICKEN OR QUORN ROAST WITH GRAVY	BEEF MEATBALLS OR QUORNBALLS IN TOMATO & PEPPER SAUCE WITH BROWN RICE OR JACKET POTATO	FISH & CHIPS OR PEPPER FRITTATA WITH CHIPS OR JACKET POTATO
SWEETCORN & GREEN BEANS	JACKET POTATO	ROAST POTATOES 3 SEASONAL VEG	CARROTS & BROCCOLI	PEAS & BEANS
***	SPAGHETTI HOOPS & PEAS	***	***	***
CHOCOLATE CRISPY CAKE	FRUIT & JELLY	APPLE CRUMBLE & CUSTARD	FRUIT YOGHURT	MINI ICED BUN