

Spa School Summer Menu 2017



Week 1	Monday	No	Tuesday	No	Wednesday	No	Thursday	No	Friday	No
Meal 1	Chicken Stir Fried Noodles	80	Beef Shepherd's Pie	80	Salmon, Broccoli Wholegrain Pasta with White Sauce	80	Jollof Rice and Chicken	80	Fish and Wedges	80
Meal 2	3 Bean Chilli Con Carne with Jacket Potato	20	Sweet Potato Rostie	20	Chick Peas and Greek Vegetables with - Flat Bread and Salsa Dip	20	Sweet Chilli Quorn and Rice	20	Roasted Vegetable and Feta Quiche	20
Vegetables	Green Beans and Baby Carrots	100	Kale, Sliced Carrots	100	Swede, Cauliflower	100	Peas, Sweetcorn Mix, Diced Carrots,	100	Beans and Peas	100
Salad Bar	Coleslaw, Olive Salad (Olives, Basil, Cherry Tomatoes, Peppers, Olive Oil, Diced Cucumber, Grated Carrots)	100	Sweetcorn and Peppers, Greek Salad with Pomegranate, Mixed Leaf, Tomato and Basil	100	Herby Couscous Salad, Mixed Bean Salad (Spring Onion, Celery, Tomato) Carrot, Peppers, Cucumber Sticks, Beetroot	100	Pineapple, Celery and Cheese Salad, Coleslaw, Tomato and Cucumber, Mixed Leaf Salad	100	Tomato and Mozzarella Salad with Olive Oil and Basil, Carrot and Celery Sticks, Sliced Cucumber, Mixed Lettuce Leaves	100
Main Dessert	Carrot Cake and Custard	80	Waffle and Ice Cream	80	Lemon Tray Bake	80	Hot Blackberry Muffins	80	Strawberry Mousse Topped with a Fresh Strawberry	80
	Fruit and Yogurt	20	Fruit and Yogurt	20	Fruit and Yogurt	20	Fruit and Yogurt	20	Fruit and Yogurt	20
Other	Organic Bread, Fresh Water and Fresh Milk is available daily and when it's get warmer a selection of melon 🍈 and pineapple 🍍									