

Spring Term Menu 2018 Spa School



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Vegetable Stir-Fry Noodles	Beef Chilli Con Carne with Rice	Chicken Curry with Rice and Peas	Chicken Pasta Bake Carrots, courgettes and mixed peppers	Fish and Wedges
Meal Option 2	5 bean Mexican Vegetable Wraps	Jacket Potato with Cheese and Baked Beans	Veggie Burger	Cheese and Onion Quiche	Vegetable Dhal(red lentils) and Couscous
Vegetables	Sweet Corn and Pea Mix Diced Carrots	Green Beans and Baby Carrots	Diced Swede Peas	Sliced Carrots and Cauliflower	Peas and Baked Beans
Salad Bar	Greek Salad, Tomato and Onion Salad, Mixed Leaves Pepper Sticks	Pomegranate Salad, Caprese Salad, Cucumber Sticks, Coleslaw	Italian Salad, Tomato and Cucumber, Beetroot, Pepper Sticks	Caprese Salad, Avocado Salad, Coleslaw, Lettuce	Tomato and Feta Salad, Mixed Leaves with Pomegranate, Grated Carrots, Cubed Cucumber
Main Dessert	Wholemeal Apple Crumble and Custard	Fresh Fruit Salad	Pineapple Upside Down Sponge with Cream	Flapjacks	Jelly and Ice Cream
2nd Dessert	Fresh Fruits Yoghurt	Fresh Fruits Yoghurt	Fresh Fruits Yoghurt	Fresh Fruits Yoghurt	Fresh Fruits Yoghurt
Other	Fresh organic bread, fresh fruit and water are available daily.				



Week Commencing: 02/01/18

