

## Mary Hare Primary Menu (19)



## WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot food options	Lamb cutlets with mint gravy Cod fillets Veggie parcels Jacket potatoes Mashed potato Green beans Swede	Breaded chicken Plain chicken Haddock fillets Macaroni cheese bites Jacket potatoes Potato ridges Corn-on-the-cob Baked beans	Beef lasagne Chicken lasagne Veggie lasagne Salmon fillets Jacket potatoes Garlic bread Peas	Roast turkey with gravy Quorn fillets Stuffed mushrooms Stuffing Roast potatoes Roast parsnips Broccoli Carrots	Fish of the day Hot dogs Veggie option Jacket potatoes Chips Peas Baked beans
Cold food options available everyday	Salad bar (selection including: lettuce, spinach, cucumber, tomatoes, grapes, grated carrot, apple and celery, olives etc) Cold pasta Plain tuna Tuna mayonnaise Boiled eggs Plain chicken Grated cheese and feta cheese Sausage and bacon slices				
Dessert	Choice of daily hot/cold pudding, yoghurts, fruit, crackers and cheese				