

## Mary Hare Primary Menu





	Monday	Tuesday	Wednesday	Thursday	Friday
Hot food options	Chicken nuggets with barbeque sauce Veggie option Fish of the day Jacket potatoes Rice Sweetcorn	Cottage pie Veggie cottage pie Fish of the day Jacket potatoes New potatoes Green beans Carrots Gravy	Chicken meatballs with tomato sauce Veggie meatballs Fish of the day Pasta Jacket potatoes Peas Courgettes	Roast lamb with gravy Quorn fillets Roast potatoes Cauliflower cheese Red cabbage Broccoli	Scampi Sausage rolls 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				