

MEYC
SAMPLE LUNCH MENU

WEEK 1:

- Monday:** **Starter:** Cheese & Tomato Bruschetta (G, M)
Minced Lamb/Quorn & Vegetable Gratin (G, E, M, S)
- Tuesday:** Chicken/Quorn, Mushroom & Vegetable Savoury Rice (G, E, M, S)
Banana Split with Bennetts Ice Cream (M)
- Wednesday:** **Starter:** Soup & Homemade Bread (G, M)
Cod/Quorn & Vegetable Pasta Bows (G, E, F, M, S)
- Thursday:** Cheese, Broccoli, Vegetable & Potato Bake (G, M, S)
Rainbows End Cookies & Milk (G, E, M)
- Friday:** Spaghetti & Meat/Quorn Balls (G, E, M, S)
St Clements Sponge & Vanilla Sauce (G, E, M)

WEEK 2:

- Monday:** Tomato, Vegetable & Mushroom Risotto (G,S)
Madresfield Mess with Bennetts Ice Cream (M)
- Tuesday:** Minced Lamb/Quorn & Vegetables with Mashed Potatoes & Gravy (G, E, M,S)
Lemon & Sultana Cookies & Milk (G, E, M, S/D)
- Wednesday:** Locally Sourced Pork/Quorn Sausage & Vegetable Pasta Shells (G, E, M, S)
Mint Chocolate Chip Sponge & Chocolate Sauce (G, E, M)
- Thursday:** **Starter:** Medley of Fresh Fruit
Minced Beef/Quorn & Vegetable Hotpot (G, E, M, S)
- Friday:** **Starter:** Garlic Doughballs (G)
Haddock/Quorn & Vegetable Jambalaya (G, E, F, M, S)

WEEK 3:

- Monday:** Salmon/Quorn & Vegetable Macaroni (G, E, F, M, S)
Cranberry & Apricot Sponge & Custard (G, E, M)
- Tuesday:** Mild Minced Beef/Quorn & Vegetable Chilli & Rice (G, E, M, S)
Fresh Fruit & Natural Yoghurt (M)
- Wednesday:** **Starter:** Cheese Puffs (G, M)
Minced Pork/Quorn & Vegetable Casserole (G, E, M, S)
- Thursday:** **Starter:** Homemade Garlic Bread (G,M)
Cheese, Tomato & Vegetable Penne Pasta (G, E, M, S)
- Friday:** Farmhouse Chicken/Quorn & Vegetable Stew (G, E, M, S)
Hayswood Glory with Bennetts Ice Cream (M)

For Vegetarians the meat will be replaced by a Vegetarian alternative.
Lunches are prepared and cooked daily with Fresh and Seasonal Produce.

MEYC
SAMPLE TEA TIME MENU

WEEK 1:

- Monday:** Filled Rolls (G, M, S/S, S)
Tuesday: Pick and Mix (G, M, S/S, S)
Wednesday: Pizza and Salad (G, M, S)
Thursday: Soup and Crusty Bread (G, M, S)
Friday: Bagel and Spreads (G, S/S, M, S)

WEEK 2:

- Monday:** Crazy Dillons (G, M)
Tuesday: Cheese and Ham Muffins (G, M, S)
Wednesday: Crackers, Cheese, Ham and Salad (G, M, S)
Thursday: Pick and Mix (G, M, S/S, S)
Friday: Pittas and Salad (G, M)

WEEK 3:

- Monday:** Hot Dogs (G, M, S/S, S)
Tuesday: Ploughmans (G, M, E)
Wednesday: Houmous, Dips, Olives and Crudites (G, M, S/S, S)
Thursday: Filled Sandwiches (G, M, S)
Friday: Pick and Mix (G, M, S/S, S)

All served with fresh fruits and vegetables.

ALLERGENS KEY

- G - Cereals Containing Gluten**
E - Eggs
S/S - Sesame Seeds
M - Milk
F - Fish
S - Soya
S/D - Sulphur Dioxide