

CATERING ACADEMY THREE WEEK MEAL PLAN



WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course £1.75	Traditional Beef Lasagne	Chicken Curry	Roast Beef	Beef Stroganoff	Catch of the Day
Vegetarian £1.75	Quorn Lasagne	Root Vegetable Curry	Veggie Pinwheel	Sweet Potato & Mixed Bean Enchilada	Battered Quorn Sausages
Sides	Herby Diced Potatoes	Wholegrain Rice	Mashed Potatoes	Couscous	Chips
Vegetables	Broccoli	Peas & Sweetcorn	Swede & Carrots	Green Beans	Musky Peas or Baked Beans
Dessert 70p	Apple & Blackcurrant Crumble	Chocolate & Orange Sponge with Chocolate Custard	Eve's Pudding	Manchester Tart	Jam Sponge

Please contact a catering team member for Allergen details



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course £1.75	Sausage & Mash	Pork Meatballs in Tomato & Basil Sauce	Maple Glazed Gammon Loin	BBQ Cheesy Chicken	Catch of the Day
Vegetarian £1.75	Chickpea & Vegetable Tagine	Root Vegetable & Quorn Ragù	Quorn Sausages & Veggie Gravy	Five Bean & Quorn Chilli	Roasted Vegetable Lasagne
Sides	Couscous or Vegetable Rice	Wholemeal Pasta	Mashed Potato	Wholegrain Rice	Chips
Vegetables	Broccoli	Green Beans	Braised Red Cabbage	Peas & Sweetcorn	Musky Peas or Baked Beans
Dessert 70p	Treacle Apple Pudding	Trifle	Zesty Orange Drizzle Cake	Fruity Chocolate Cake	Syrup Sponge

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WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course £1.75	Tuna Pasta Bake	Cottage Pie	Roast Turkey	Sweet & Sour Chicken	Catch of the Day
Vegetarian £1.75	Macaroni Cheese	Vegetable & Quorn Stir Fry	Quorn Toad in the Hole	Cauliflower, Sweet Potato & Chickpea Korma	Quorn Cottage Pie
Sides	Herby Diced Potatoes	Egg Noodles or Baked Potato Wedges	Mashed Potato	Wholegrain Rice	Chips
Vegetables	Peas & Sweetcorn	Carrots & Broccoli	Steamed Savoy Cabbage	Green Beans	Musky Peas or Baked Beans
Dessert 70p	Baked Citrus & Vanilla Rice Pudding	Gingerbread Cake	Mixed Fruit Crumble	Apple Pie	Chocolate Banana Cake

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WEEK 3