

Spa School Autumn Term Menu 2018



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Red Lentil and Vegetable Lasagne	Red Onion and Rosemary Veggie Sausage and Mash	Mushroom and Veggie Pasta Bake	Veggie Balls, and Jollof Rice	Battered Cod with Sweet Potato and White Potato Chips
Meal Option 2	Jacket Potatoes with Cheese and Baked Beans	Mixed Bean, Quorn Veggie Curry and Rice	Stir Fry Vegetables with Kale, Tofu and Noodles	Veggie Quiche	Veggie Burgers with Sweet Potato and White Potato Chips
Vegetables	Sliced Carrots and Green Beans	Peas Sweetcorn and Cauliflower	Diced Swede Diced Carrots	Baby Carrots and Sweetcorn	Peas and Beans
Salad Bar	Tomato and Basil Salad, Coleslaw, Italian Salad, Mixed Bean Salad,	Greek Salad, Tomato and Pomegranate Salad, Grated Carrots, Cucumber Sticks,	Roast Vegetables and Cous Cous Salad, Leaves with Avocado and Salmon Salad, Mixed Pepper Sticks, Bean Salad,	Israeli Salad, Leaves and Pomegranates, Cherry Tomatoes, Feta and Basil,	Grated Carrots Mediterranean Bean Salad Cucumber Salad
Main Dessert	Eaton Mess made with Greek Yoghurt	Poached Pears with Maple Syrup	Exotic Fruits	Baked Bramley Apples with Raisins and Vanilla Sauce	Jelly
2nd Dessert	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt

Other Fresh organic bread, fresh fruit and water are available daily.



Week Commencing: 03/09/18