

Spa School Spring Term Menu 2019



Spring 2019	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Quorn Spaghetti Bolognese	Borek Layered Cheese Pie	Chickpea Curry Rice	Quorn Fillets Jollof Rice	Fish Goujons Potato Wedges
Meal Option 2	Spinach and Ricotta Cannelloni	Vegetable with Red Lentil Tagine Cous Cous	Jacket Potato Cheese Baked Beans	Fish Cakes	Macaroni Cheese
Vegetables	Peas and Sweetcorn Mix Diced Swede	Sliced Carrots Cauliflower	Diced Carrots Green Beans	Baby Carrots Sweetcorn	Peas and Beans
Salad Bar	Cherry Tomatoes, Feta and Basil Grated Carrots Cucumber Sticks with Houmous and Guacamole dips Leaves and Pomegranate	Leaves, Pomegranate and Avocado Pepper Sticks Bean Salad Salmon Salad	Italian Salad Mango Salad Tomato and Pomegranate Salad	Potato Salad Turkish Salad Leaves and Pomegranate Salad Grated Carrots	Italian Salad Caprese Salad Pepper Sticks
Main Dessert	Fresh Fruit Salad	Mousse	Apple and Cinnamon Strudel made with Wholegrain Pastry	Blitzed Bananas (Blended Fresh Bananas which are then frozen)	Jelly
Dessert Option 2	Fresh Fruits Fruit Yogurt	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt	Fresh Fruit Fruit Yogurt
Other	Fresh organic bread, fresh fruit and water are available daily.				