

Manor Cafe

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<i>Fun</i> FRIDAY
Main Course ****	Beef Rogan Josh ****	Salmon & Sweet Chilli ****	Roast Chicken in Gravy ****	Gammon ****	Beef Burger ****
Vegetarian Option ****	Quorn Rogan Josh ****	Quorn Cobbler ****	Country bakes ****	Vegetable Sausage ****	Spicy Bean Burger ****
Starchy Food	Rice Naan Bread	Herby Potatoes	Roast Potatoes	New Potatoes	Chips
Daily	Salad Bar, Sandwiches, Pasta pots, Jacket Potatoes				
Vegetables ****	Broccoli Sweetcorn ****	Mixed Vegetables Cauliflower ****	Cabbage Carrots ****	Green Beans Mixed Salad ****	Baked Beans Peas ****
Dessert	Fresh Fruit Platter Frozen Yogurt	Fruit Platter Fruit Jelly	Fruit Platter Natural Yogurt	Fresh Fruit Platter Frozen Yogurt	Carrot Cake
Drinks	Water, Milk,				

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food for life PARTNERSHIP

SCHOOL FOOD TRUST Eat Better Do Better



Manor Academy
"Succeeding Together"

