Your Three Week Menu

Edsential Community Interest Company | CATERING

Monday	Tuesday	Wednesday	Thursday	Friday
	Juice Free Day	Sugar Swap	Juice Free Day	Meat Free Friday

WEEK ONE

Monday	Tuesday	Wednesday	Thursday	Friday
Beef/Veggie Burger in a Bun with Potato Wedges and Baked Beans or Seasonal Vegetables	Spaghetti Bolognese/ Vegetarian Bolognese with Garlic Bread and Seasonal Vegetables	Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes, Seasonal Vegetables and Gravy	Chicken/Vegetarian Curry with Rice, Naan Bread with Seasonal Vegetables	MSC Fish, Chips and Garden Peas/Mushy Peas or Baked Beans
Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad
Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad
Fruit Crumble and Custard	Chocolate Crispy Cake and a Fruit Wedge	Iced Sponge Cake	Fruit Platter	Melting Moment and Fruit Wedge

WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Pork/Quorn Sausage and Bacon, Scrambled Egg, Hash Browns and Baked Beans	Ham, Sweetcorn and Cheese/Vegetarian Pasta Bake with Crusty Bread and Seasonal Vegetables	Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes, Seasonal Vegetables and Gravy	Chicken/Vegetarian Curry with Rice, Naan Bread with Seasonal Vegetables	Cheese & Tomato Pizza Chips and Garden Peas or Baked Beans
Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad
Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad
Sticky Toffee Pudding and Custard	Chocolate Biscuit and a Fruit Wedge	Fruit Jelly and Fruit Wedge	Cheese & Crackers	Raspberry Bun and Fruit Wedge

WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Beef/Veggie Meatballs and Spaghetti in Herb and Tomato Sauce with Garlic Bread and Seasonal Vegetables	Cheese and Ham/Vegetarian Pinwheel with Potato Wedges and Seasonal Vegetables	Homemade Steak/Vegetarian Pie with Mashed Potatoes, Seasonal Vegetables and Gravy	Chicken/Vegetarian Curry with Rice, Naan Bread with Seasonal Vegetables	MSC Fish, Chips and Garden Peas/Mushy Peas or Baked Beans
Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad	Filled Jacket Potato with a Selection of Fillings Served with Salad
Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad	Deli Option Choice of Breads and a Selection of Fillings Served with Salad
Apple Pie and Custard	Chocolate Brownie and a Fruit Wedge	Lemon Drizzle Cake	Fruit Platter	Shortbread Finger and Fruit Wedge

Available every day – Unlimited salad, fresh fruit platter, fresh bread, organic yoghurt, milk and chilled water

For allergen information, please ask one of our Catering Team

BMT-RSPO-001089

St Peters Heswall