

Pioneer Educational trust

MENU -Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat	Mexican Beef and lentil Nachos	Minced Pork and leek pie with gravy	Salmon, pea and white bean creamy spaghetti	Roasted Garlic and Paprika Chicken thigh	Baked Breaded Fish fillets
Main Halal	Mexican Beef and lentil Nachos	Minced Beef and leek pie with gravy		Roasted Garlic and paprika Chicken thigh	
Main vegetarian	Mexican Mince Quorn and lentil Nachos	Leek and lentil pie with gravy	Cauliflower, pea and white bean spaghetti	Roasted Garlic and paprika Quorn Roast	Leek, mushroom & red onion Frittata
Side Dishes	Sweetcorn Rice, Guacamole & salsa	Mash Potato, Carrots & Peas	Kale & cauliflower	Sweet potato mash & broccoli	Chips, peas and baked beans
Daily Extras	Wholemeal pasta's in sauces & baked potatoes	Wholemeal pasta's in sauces & baked potatoes	Wholemeal pasta's in sauces & baked potatoes	Wholemeal pasta's in sauces & baked potatoes	Wholemeal pasta's in sauces & baked potatoes
Dessert	Spiced Apple crumble, natural yoghurt or custard	Sugar free Banana Cake	Cream cheese and crackers	Sugar Free Fruit Flapjack	Melon Skewers and yoghurt
Available Daily	Salad, fruit bowl, fruit pots, jelly pots and Yoghurt.				

