

St Michaels College Lunch Menu Week One

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chinese chicken curry Pork Satay Spring rolls	Spaghetti Bolognese Garlic bread Parmezan Vegetable gratin	Steamed chicken breast Mushroom sauce	Chicken and Vegetable Pie Beef and vegetable stew with dumplings	Battered Cod Scampi	Chicken kiev's	Roast turkey Halal Beef
Tempura vegetables Soy lemon sauce	Vegetable lasagne	Bean and blue cheese stuffed aubergines	Quorn sausage toad in the hole	Goat's cheese leek and pinenut parcel	Vegetable Kiev's	Nut roast
Aromatic Rice Egg Rice	Whitebait	Cheese and chive mash Roasted Vegetables	Roasted herb potatoes Cauliflower cheese	Chips, mushy Peas and curry sauce	Onion and pepper potato strips Chilli beans	Roast and mash potato
Pasta bar	Rice bar	Noodle bar	Pasta bar	Soup bar	Salad bar	Salad bar
Chocolate sponge	Flap jack	Sweet treats	Jam and coconut sponge	Doughnuts	Fresh fruit salad	Cookies

**All main course meals will be served with a selection of fresh vegetables.
A wide range of salads are prepared daily.
Fresh fruit and natural yoghurt also available.**