

★ THE EATING PLACE ★

C A F É

Alderbrook	<u>Menu</u>	
<u>Week 1</u>	-	
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Chilli Con Carne & Rice	Sweet & Sour Chicken	Beef Lasagne
Quorn Fajitas (V)	Macaroni Cheese (V)	Vegetable Lasagne (V)
Seasonal Veg or Salad	Seasonal Veg or Salad	Seasonal Veg or Salad
Diced Potatoes	Garlic Bread Slice	Potato Wedges
Variety of Yoghurts / Fresh Fruit	Seasonal crumble and custard	Fresh fruit salad
<u>Thursday</u>	<u>Friday</u>	
Spanish Tray Bake	MCS Battered Fish	
Cheese and Potato Swirls (V)	Home-made Quiche (V)	
Seasonal Veg or Salad	Seasonal Veg or Salad	
New potatoes	Oven Baked Wedges	
Chocolate Cupcake	Selection of Tray Bakes	
<u>Week 2</u>		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Chilli & Maple Syrup Chicken with Couscous	Sausage Plait	Beef Bolognaise
Quorn Pasta Bake (V)	Quorn Curry with steamed rice (V)	Quorn Bolognaise (V)
Seasonal Veg or Salad	Seasonal Veg or Salad	Seasonal Veg or Salad
Potato Wedges	Diced Potatoes	Garlic Bread
Variety of Yoghurts / Fresh Fruit	Pain au choc pudding and Custard	Sliced melon
<u>Thursday</u>	<u>Friday</u>	
Pork Tai Bites	MSC Battered Fish Fillet	
Home-Made Pizza (V)	Cheese and Tomato Quiche (V)	
Seasonal Veg or Salad	Seasonal Veg or Salad	
Diced Potatoes	Oven Baked Wedges	
Variety of Yoghurts/ Fresh Fruit	Chocolate Cracknell	
<u>Week 3</u>		
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Tandoori Chicken with Naan Bread	Beef Burger served in a Bun	Chicken and noodle stir-fry
Onion Bhaji with Naan Bread (V)	Vegetable, Noodles Stir Fry (V)	Vegetable Jalfrezi (V)
Seasonal Veg or Salad	Seasonal Veg or Salad	Seasonal Veg or Salad
Diced Potatoes	Potato Wedges	Roast Potatoes
Home Made Shortbread	Chocolate Muffin	Angel delight
<u>Thursday</u>	<u>Friday</u>	
Chicken & Broccoli Pasta Bake	MSC Battered Fish	
Vegetable Fajitas (V)	Cheese and spring Onion Quiche (V)	
Seasonal Veg or Salad	Seasonal Veg or Salad	
Spicy Wedges	Oven Baked Wedges	
Sliced Water Melon	Iced Doughnut	