

MARIE D'ORLIAC

WEEK 1 MENU

Week 1 23.04.19-20.05.19 24.06.19	Monday	Tuesday	Wednesday	Thursday	Friday
Bread And Soup	***	***	***	***	***
Main Course	Blanquette de Volaille And rice	Slow cooked Pork Served with mash potato	Spaghetti with Tomato Sauce	Turkey Meatballs Served with Couscous	Fish Finger Served with Oven Chips
Vegetarian	Egg Florentine with hollandaise sauce	Roasted Vegetable Served with mash potato	Spaghetti with Tomato Sauce	Vegetarian Meatballs Served with Couscous	Stuffed aubergine with couscous and feta
Vegetables	Green Beans	Mixed Peppers	Macedonia	Steamed Carrots	Peas
Salads	Tomato, Cucumber, Mixed Lettuce White Beans Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Chicken Sausage	Tomato, Cucumber, Mixed Lettuce, Chickpea Salad	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Chocolate Cake	Fruits and Yoghurt
Yoghurt & Fruit served Daily					

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WEEK 2 MENU

Week 2 29.04.19-03.06.19 01.07.19	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	***	***	***	***	***
Main Course	Beef Lasagne	Margarita Pizza	Maccheroni Served with Tomato and Basil Sauce	Steak hache sauce au poivre et frites	"Catch of the day" with roast sweet potato
Vegetarian	Spinach and ricotta Lasagne	Margarita Pizza	Maccheroni Served with Tomato and Basil Sauce	Vegetarian Burger Served with Onion Rings	Roast vegetable tart
Vegetables	Spring Vegetables	French Beans	Macedonia Vegetables	Courgette	Carrots
Salads	Tomato, Cucumber, Mixed Lettuce, Coleslaw Salad	Tomato, Cucumber, Mixed Lettuce	Tomato, Cucumber, Mixed Lettuce, green bean	Tomato, Cucumber, Mixed Lettuce, Boiled Eggs	Tomato, Cucumber, Mixed Lettuce, Caesar Salad
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurts	Cinnamon Rolls	Fruits and Yoghurt
Yoghurt & Fruit served Daily					

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WEEK 3 MENU

Week 3 07.05.19-10.06.19 08.07.19	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	***	***	***	***	***
Main Course	Lamb Moussaka	Chicken and chorizo paella	Fusilli Served with Tomato Sauce and Grated Cheese	Southern Chicken Legs Served with Durum Wheat	Fish Fingers Served with Oven Chips
Vegetarian	Quorn Moussaka	Chickpea, spinach and tomato curry	Fusilli Served with Tomato Sauce and Grated Cheese	Quorn Southern Fried Style Served with Durum Wheat	Vegetable and lentil cottage pie
Vegetables	Steamed Carrots	Broccoli	Green Beans	Ratatouille	Garden Peas
Salads	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Black Olives	Tomato, Cucumber, Mixed Lettuce	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Fruit jelly	Fruits and Yoghurt
Yoghurt & Fruit served daily					

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WEEK 4 MENU

Week4 13.05.19-17.06.19 15.07.19	Monday	Tuesday	Wednesday	Thursday	Friday
Bread & Soup	***	***	***	***	***
Main Course	Roasted Citrus Chicken Thighs Served Rice	Beef Bourguignon Served Pomme vapeurs	Choice of Pesto penne pasta Served with Grated Cheese	Pork Sausage Served with Lentil Cassoulet	Margarita Pizza
Vegetarian	Roasted Vegetables with Quorn served with Rice	Vegetarian escalope's Served with Couscous	Choice of Pesto penne pasta Served with Grated Cheese	Vegetarian Sausage Served with Lentil Cassoulet	Margarita Pizza
Vegetables	coleslaw	Green Beans	Courgette	Carrots	Caesar Salad
Salads	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce, Mixed Beans Salad	Tomato, Cucumber, Mixed Lettuce, Boiled Eggs	Tomato, Cucumber, Mixed Lettuce, Spinach	Tomato, Cucumber, Mixed Lettuce
Cheeseboard	Daily Selection				
Dessert	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Apple and cinnamon tart	Fruits and Yoghurt
Yoghurt & Fruit served daily					