

# MARIE D'ORLIAC

## WEEK 1 MENU

<b>Week 1</b> 05.11.18 – 31.11.18 07.01.19-04.02.19	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread And Soup</b>	<b>Tomato</b>	<b>Alphabetic Soup</b>	***	<b>Tomato</b>	<b>Vegetable and Star Soup</b>
<b>Main Course</b>	Chicken Sausage served With Mashed Potatoes	Beef Teriyaki and Vegetables Served with Rice	Carbonara Spaghetti	Turkey Mediterranean Meatballs served with Couscous	Fish Finger Served with Oven Chips
<b>or</b>	Vegetarian Sausage served with Mashed Potatoes	Vegetable Teriyaki Served with Rice	Vegetarian Carbonara Spaghetti	Vegetarian Meatballs Served with Couscous	Vegetable Finger Served with Oven Chips
<b>Vegetables</b>	Garden Peas	Spring Rolls /Mixed Peppers	Macedonia	Steamed Carrots	Baked Beans
<b>Salads</b>	Tomato, Cucumber, Mixed Lettuce, Rainbow Salad	Tomato, Cucumber, Mixed Lettuce,Asian Noodles Salad	Tomato, Cucumber, Mixed Lettuce, Chicken Sausage	Tomato, Cucumber, Mixed Lettuce, Chickpea and Watercress Salad	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
<b>Cheeseboard</b>	Daily Selection				
<b>Dessert</b>	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Chocolate Cake	Fruits and Yoghurt
<b>Yoghurt &amp; Fruit served Daily</b>					

# MARIE D'ORLIAC

## WEEK 2 MENU

<b>Week 2</b> 12.11.18 – 03.12.18 14.01.18-11.02.19	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread &amp; Soup</b>	<b>Tomato</b>	<b>Alphabetic Soup</b>	***	<b>Tomato</b>	<b>Vegetable and Star Soup</b>
<b>Main Course</b>	Traditional Beef Lasagne	Turkey Escalope's Served with Bulgur Wheat	Tomato and Basil Sauce with Coquillettes	Roasted Pork Served with Steamed New Potatoes	Margarita Pitta Pizza
<b>Vegetarian</b>	Vegetarian Lasagne	Vegetarian Escalope's Served with Bulgur Wheat	Tomato and Basil Sauce with Coquillettes	Roasted Vegetables Spanish Omelette	Margarita Pitta Pizza
<b>Vegetables</b>	Mixed Vegetables	French Beans	Macedonia Vegetables	Courgette	Carrot Salad
<b>Salads</b>	Tomato, Cucumber, Mixed Lettuce, Coleslaw Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Boiled Eggs	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
<b>Cheeseboard</b>	Daily Selection				
<b>Dessert</b>	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurts	Fruit Jelly	Fruits and Yoghurt
<b>Yoghurt &amp; Fruit served Daily</b>					

# MARIE D'ORLIAC

## WEEK 3 MENU

<b>Week 3</b> 19.11.18 – 10.12.18 21.01.19-25.02.19	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread &amp; Soup</b>	<b>Tomato</b>	<b>Alphabetic Soup</b>	***	<b>Tomato</b>	<b>Vegetable and Star Soup</b>
<b>Main Course</b>	Spaghetti Bolognaise	Garlic and Pepper oven Fried Chicken Legs	Vegan Homemade Tomato Pesto Served with Fusilli and Grated Cheese	Zest Sausage Meat Served with Couscous	Fish Fingers Served with Oven Chips
<b>Vegetarian</b>	Vegetarian Spaghetti Bolognaise	Southern Fried Style Pieces with Roasted Vegetables	Vegan Homemade Tomato Pesto Served with Fusilli and Grated Cheese	Ratatouille Served with Couscous	Vegetarian Moussaka
<b>Vegetables</b>	Steamed Carrots	Bombay Potatoes And Mixed Peppers	Green Beans	Ratatouille	Garden Peas
<b>Salads</b>	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Tomato and Mozzarella Salad	Tomato, Cucumber, Mixed Lettuce,	Tomato, Cucumber, Mixed Lettuce, Spinach Salad
<b>Cheeseboard</b>	Daily Selection				
<b>Dessert</b>	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt	Cinnamon Rolls	Fruits and Yoghurt
<b>Yoghurt &amp; Fruit served daily</b>					

# MARIE D'ORLIAC

## WEEK 4 MENU

<b>Week 4</b> 29.10.18-26.11.18 17.12.18-28.01.19	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread &amp; Soup</b>	<b>Tomato</b>	<b>Alphabetic Soup</b>	***	<b>Tomato</b>	<b>Vegetable and Star Soup</b>
<b>Main Course</b>	Roasted Chicken Thighs Served with Rice	Lamb Burger in a Bun With Onion Chutney	Tomato and Mixed Peppers Sauce with Penne Pasta	Turkey Escalope served with Herbs New Potatoes	Margarita Pitta Pizza
<b>Vegetarian</b>	Caribbean Pineapple Quorn served with Rice	Vegetarian Burger in a Bun with Onion Chutney	Tomato and Mixed Peppers Sauce with Penne Pasta	Vegetarian Escalope Served with Herbs New Potatoes	Margarita Pitta Pizza
<b>Vegetables</b>	Simple Sweetcorn	Baked Onion Ring	Green Beans	Mixed Vegetables	Carrot Salad
<b>Salads</b>	Tomato, Cucumber, Mixed Lettuce, Beetroot Salad	Tomato, Cucumber, Mixed Lettuce, Coleslaw Salad	Tomato, Cucumber, Mixed Lettuce, Boiled Eggs	Tomato, Cucumber, Mixed Lettuce, Spinach Salad	Tomato, Cucumber, Mixed Lettuce, Pasta Salad
<b>Cheeseboard</b>	Daily Selection				
<b>Dessert</b>	Fruits and Yoghurt	Chocolate Light Cheese Cake	Fruits and Yoghurt	Fruits and Yoghurt	Fruits and Yoghurt
<b>Yoghurt &amp; Fruit served daily</b>					