

Week 1

St Martha's Garden Kitchen Menu WC – 20.06.22 / 11.07.22



Monday

One of the following:

Chicken Breast

OR

Macaroni Cheese (V)

All served with Pommes Noisettes, seasonal vegetables

Vanilla Sponge with Butterscotch Topping, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD



Tuesday

One of the following:

Hot dogs with onions in a roll / Quorn Hot Dog (V)

All served with homemade seasoned wedges, seasonal vegetables

Variety of Mouse, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

Wednesday



One of the following:

Roast Pork, Yorkshire Pudding / Quorn fillets (V) with sage and onion stuffing or Cheese and Potato Bake (V)

All served with creamed potatoes, seasonal vegetables.

Fruit jelly, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

Thursday



One of the following:

Chicken Tikka with Flat Bread, Cheese Twist(V)

Served with seasonal vegetables.

Oaty Cookie, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

Friday









One of the following:

Crunchy Fish Fingers or Sausage Rolls (V)

All served with Chips, Seasonal Vegetables

Fresh Fruit and Ice Cream, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

<div>Week 2</div>	<div>St Martha's Garden Kitchen Menu</div> <div>WC – 06.06.22 / 27.06.22 / 18.07.22</div> <div>  </div>
<div>  <div>Monday</div> </div>	<div> <div>One of the following:</div> <div>Beef Bolognese or Quorn Sweet and Sour with Rice & Garlic Bread</div> <div>Served with Seasonal Vegetables.</div> <div>Homemade iced finger rolls, Fresh Fruit Yoghurt or Cheese and Crackers.</div> <div>Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,</div> <div>ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham</div> <div>CHEESE & BISCUITS, FRESH BREAD</div> </div>
<div>  <div>Tuesday</div> </div>	<div> <div>One of the following:</div> <div>Low Fat, Low Salt Pork Sausage or Veggie Quorn Sausage with Yorkshire Puddings or Tomato and Vegetables Pasta Spirals (V)</div> <div>All served with Creamed Potatoes, Seasonal Vegetables</div> <div>American Choc Chip Cookie, Fresh Fruit, Yoghurt or Cheese and Crackers.</div> <div>Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,</div> <div>ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham</div> <div>CHEESE & BISCUITS, FRESH BREAD</div> </div>
<div> <div>Wednesday</div> <div>  </div> </div>	<div> <div> <div>NEW!</div> <div>One of the following:</div> <div>B.B.Q. Meatball Panini, Keema Naan(V)</div> <div>All served with Potato's, Seasonal Vegetables</div> <div>Oreo Choc Brownie, Yoghurt or Cheese and Crackers.</div> </div> <div>Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,</div> <div>ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham</div> <div>CHEESE & BISCUITS, FRESH BREAD</div> </div>
<div> <div>Thursday</div> <div>  </div> </div>	<div> <div>One of the following:</div> <div>Chicago Town Pizza (V) or Veggie Quorn balls in Tomato sauce (V) in Pitta Bread</div> <div>All served with Homemade Baked Potato Wedges, Seasonal Vegetables</div> <div>Fruit Jelly, Fresh Fruit, Yoghurt or Cheese and Crackers.</div> <div>Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,</div> <div>ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham</div> <div>CHEESE & BISCUITS, FRESH BREAD</div> </div>
<div> <div>Friday</div> <div>  </div> </div>	<div> <div> <div>NEW!</div> <div>One of the following:</div> <div>Battered Fish or Vegetable Chilli with Nacho's (V)</div> <div>All served with Chips, Sweet Potato Fires, Seasonal Vegetables</div> <div>Shortbread, Fresh Fruit, Yoghurt or Cheese and Crackers.</div> </div> <div>Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,</div> <div>ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham</div> <div>CHEESE & BISCUITS, FRESH BREAD</div> </div>

Week 3

St Martha's Garden Kitchen Menu WC 13.06.22 / 04.07.22



Monday

One of the following:

Beefburger in a bun or Pasta Pomodoro (V)

All served with Pommes Noisette, Seasonal Vegetables

Homemade Chocolate Crunch, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD



Tuesday

One of the following:

Homemade Beef Ragu with Pasta Twists & Garlic Bread
or B.B.Q. Quorn in a Flatbread with mixed salad.

All served with Potato Wedges, Seasonal Vegetables

Lemon Drizzle, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

Wednesday



One of the following:

Roast Turkey / Vegetable Croquettes(V)

Roast potatoes, Seasonal Vegetables, Yorkshire Pudding.

Doughnuts, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

Thursday



One of the following:

All Day Breakfast

All served with Hash Browns, Seasonal Vegetables

Cup Cakes, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

Friday



One of the following:

Fish Fingers or Plain Omelette (V)

All served with Chips, Seasonal Vegetables

Ice Cream, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

