



# MMAS Menu 2020 Week Two

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Lunch	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day
Chicken casserole	Katsu day		Homemade sausage roll with onion gravy	Roast chicken with stuffing and gravy	Asian salmon	Sandwich lunch	Carvery day	
Beef bolognaise			Chicken paella		Steamed salmon		Roast leg of lamb with redcurrant gravy, Yorkshire pudding	
Red lentils and vegetable curry (V)	Ratatouille gratin (V)		Gnocchi in 3 cheese sauce (V)	Tortellini with spinach and ricotta with salsa verde (V)	Pea and parmesan risotto (V)		Mushroom wellington (V)	
Rice Pasta Carrots Green beans	Rice Curried cauliflower Broccoli		Rice Mashed potatoes Sweetcorn Cabbage	Rice Roast potatoes Courgette Sweet potatoes	Chips Peas Baked beans		Roast potatoes Broccoli, Carrots, Cauliflower cheese	
Pasta with homemade tomato and fresh herb sauce	Pasta with homemade tomato and fresh herb sauce		Pasta with homemade tomato and fresh herb sauce	Pasta with homemade tomato and fresh herb sauce	Pasta with homemade tomato and fresh herb sauce			
Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese	Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese		Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese	Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese	Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese			
Fresh seasonal salads served daily.								
Chocolate cake	Rice pudding		Marble cake	Apple pie	Fruit crumble	Muffins	Fruit crumble	
Daily range of potted, chilled desserts jellies and tray bakes.								
Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	
Supper	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	
	Pork in plum sauce	Baked salmon	Linguini carbonara	Pork in sweet and sour sauce	Chicken and egg fried rice	Hot dog night	Chicken in crêpes	
	Chicken pie	Chicken provencale	Chicken ramen	Kentucky chicken	Beef with spring onions and peppers	Jumbo Cumberland and Bratwurst	Lamb in tomato sauce	
	Tortellini with spinach and ricotta (V)	Stir fry vegetables (V)	Quorn bolognaise (V)	Vegetable pie (V)	Macaroni cheese (V)	Quorn sausages (V)	Ravioli with tomato and parmesan (V)	
	Rice Potatoes Seasonal vegetables	Rice Potatoes Seasonal vegetables	Rice Potatoes Seasonal vegetables	Rice Potatoes Seasonal vegetables	Rice Potatoes Seasonal vegetables	Wedges Corn on the cob Onion rings	Rice Potatoes Seasonal vegetables	
	Fresh seasonal salads served daily.							
	Fruit salad	Peach fool	Pineapple tart	Fruit pavlova	Apple Strudel	Pancakes with Ice cream	Waffles with Chocolate sauce	
	Lemon tart	Chocolate mousse	Baked cheesecake	Chocolate brownie	Tiramisu			
Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection		

# MMAS Menu 2020 Week Three

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
		Lunch		Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day
Chicken thai green curry	Southern fried chicken			Chicken pie	Chicken breast in garlic sauce	Homemade battered fish	Sandwich lunch	Carvery day		
Lamb madras				Beef chili		Steamed fish		Roast chicken, Gravy, Yorkshire puddings and Pigs in blankets		
Bombay potatoes and cauliflower (V)	Mushroom stroganoff (V)			Sweet potato and chickpea curry (V)	Stuffed peppers (V)	Aubergine parmigiana (V)		Ratatouille gratin (V)		
Rice Carrots Garden peas	Rice Roast potatoes Cabbage Cajun sweet potatoes			Rice Curried cauliflower French beans	Rice Sauté potatoes Broccoli Sweetcorn	Rice Chips Peas Baked beans		Roast potatoes Cauliflower cheese Broccoli, Carrots		
Pasta with homemade tomato and fresh herb sauce	Pasta with homemade tomato and fresh herb sauce			Pasta with homemade tomato and fresh herb sauce	Pasta with homemade tomato and fresh herb sauce	Pasta with homemade tomato and fresh herb sauce				
Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese	Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese			Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese	Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese	Jacket potatoes, Roasted sweet potatoes, Baked beans and Cheese				
Fresh seasonal salads served daily.										
Chocolate cake	Apple pie			Rice pudding	Marbles cake	Sticky toffee pudding	Waffle with chocolate sauce	Fruit crumble		
Daily range of potted, chilled desserts jellies and tray bakes.										
Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection				
Supper		Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day	Homemade fresh soup of the day		
		Beef teriyaki	Baked salmon	Burger night	Chicken quesadillas	Pork and egg noodles	Steak phylli buns	Pork in oyster sauce		
		Linguini carbonara	Chicken fried rice		Pork in plum sauce	Spicy chicken wings		Beef pie		
		Tortellini spinach and ricotta (V)	Vegetable ramen (V)	Veggie burger (V)	Quorn chilli (V)	Pasta bake (V)	Vegetable stir fried rice (V)	Cheese and onion pasties (V)		
		Rice Potatoes Seasonal vegetables	Rice Potatoes Seasonal vegetables	Chips Corn on the cob	Rice Potatoes Seasonal vegetables	Rice Potatoes Seasonal vegetables	Wedges Corn on the cob	Rice Potatoes Seasonal vegetables		
		Fresh seasonal salads served daily.								
		Fruit salad	Fruit pavlova	Peach tart	Apricot fool	Fruit crumble	Chocolate doughnuts	Pancakes with Ice cream		
		Baked cheesecake	Chocolate mousse	Strudel	Chocolate brownie	Tiramisu				
		Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection	Yoghurt Fresh fruit selection		



# BREAKFAST

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
	<b>FULL ENGLISH BREAKFAST</b>	<b>CONTINENTAL BREAKFAST</b>	<b>HEALTHY BREAKFAST</b>
	<b>BACON</b>	<b>CROISSANT</b>	<b>POACHED EGGS</b>
	<b>Sausages</b>	<b>PAIN AU CHOCOLAT</b>	<b>SLICE FRUIT</b>
	<b>MUSHROOM</b>	<b>SLICE HAM</b>	<b>BAKED BEANS</b>
	<b>TOMATO</b>	<b>SLICE CHEESE</b>	<b>BAGELS</b>
	<b>HASH BROWN</b>	<b>SLICE FRUIT</b>	<b>MUFFINS</b>
	<b>BAKED BEANS</b>	<b>SCRAMBLE EGGS</b>	<b>FRUIT SMOOTHIE</b>
	<b>VEGI SAUSAGE</b>	<b>BAKED BEANS</b>	
	<b>POACHED EGG</b>		
	<b>PORRIDGE</b>	<b>PORRIDGE</b>	<b>PORRIDGE</b>
	<b>JUICES</b>	<b>JUICES</b>	<b>JUICES</b>
	<b>CEREAL SELECTION</b>	<b>CEREAL SELECTION</b>	<b>CEREAL SELECTION</b>
	<b>YOGHURT</b>	<b>YOGHURT</b>	<b>YOGHURT</b>
	<b>TEA &amp; COFFEE</b>	<b>TEA &amp; COFFEE</b>	<b>TEA &amp; COFFEE</b>
	<b>TOAST AND PRESERVES</b>	<b>TOAST AND PRESERVES</b>	<b>TOAST AND PRESERVES</b>

# MENUS 2020 - 2021

THURSDAY	FRIDAY	SATURDAY
FULL ENGLISH BREAKFAST	CONTINENTAL BREAKFAST	
BACON	CROISSANT	DELIVER TO THE HOUSE
SAUSAGE	PAIN AU CHOCOLAT	AT 9.30 am
MUSHROOM TOMATO	SLICE HAM SLICE CHEESE	
HASH BROWN	SLICE FRUIT	Bacon roll
BAKED BEANS VEGI SAUSAGE	FRY EGGS BAKED BEANS	Porridge slice watermelon
POACHED EGG		veggie sausages
PORRIDGE JUICES	PORRIDGE JUICES	Hard boiled egg
CEREAL SELECTION YOGHURT	CEREAL SELECTION YOGHURT	
TEA & COFFEE TOAST AND PRESERVES	TEA & COFFEE TOAST AND PRESERVES	

<b>SUNDAY</b>
<b>DELIVER TO THE HOUSE</b>
<b>AT 9.30 am</b>
<b>Sausage roll</b>
<b>Pain au chocolate</b>
<b>Croissants</b>
<b>Fruit salad</b>

