

# Athena Trust Menu



Week: 1 –

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Beef Bolognaise	BBQ Chicken Burger	Roast Pork	Beef Chilli with nachos	Chicken goujons
<b>Meat</b>					
<b>Fish</b>	Jacket Potato and Tuna	Jacket Potato and Tuna	Jacket Potato and Tuna	Jacket Potato and Tuna	Cod in Batter
<b>Vegetarian</b>	Vegetable Bolognese(V)	Vegetable Burger(V)	Cheese Quiche (V)	Bean Chilli with nachos (V)	Mozzarella Sticks (V)
<b>Pasta Bake</b>	Tomato and Basil Pasta	Creamy Tomato Pasta	Spicy Tomato Pasta	Creamy Tomato Pasta	Tomato and Basil Pasta
<b>Starchy food</b>	Pasta	Wedges	Roast Potatoes	Rice	Chips
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
<b>Vegetables</b>	Peas	Broccoli	Peas	Sweetcorn	Peas
	Carrots	Sweetcorn	Carrots	Peas	Baked Beans
<b>Salad</b>	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
	Coleslaw	Potato Salad	Coleslaw	Potato Salad	Coleslaw
<b>Extra bread</b>	Petit Pain	Petit Pain	Petit Pain	Petit Pain	Petit Pain
<b>Dessert</b>	White Chocolate Cookie	Oaty Flapjack	Chocolate Shortbread	Chocolate Muffin	Apple Crumble and Custard
	Fresh Fruit Salad Pot Fresh Fruit Fruit Yogurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yogurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yogurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yogurt	Fresh Fruit Salad Pot Fresh Fruit Fruit Yogurt
<b>Grab &amp; Go (Hot)</b>	Chef's Daily Special	Chef's Daily Special	Chef's Daily Special	Chef's Daily Special	Chef's Daily Special

<b>Grab &amp; Go (Cold)</b>          <b>Drinks</b>	Chicken Tikka Salad Wrap	BBQ Chicken Salad Wrap	Hot and Spicy Chicken Salad Wrap	Original Chicken Salad Wrap	BBQ Chicken Salad Wrap
	Bacon and Sausage in a Hot Crusty Roll	Bacon and Cheese in a Hot Crusty Roll	Double Bacon in a Hot Crusty Roll	Bacon and Sausage in a Hot Crusty Roll	Bacon and Cheese in a Hot Crusty Roll
	Cheese and Tomato Pizza	Cheese and Tomato Pizza	Cheese and Tomato Pizza	Cheese and Tomato Pizza	Cheese and Tomato Pizza
	Filled Jacket Potatoes	Filled Jacket Potatoes	Filled Jacket Potatoes	Filled Jacket Potatoes	Filled Jacket Potatoes Chips and Cheese
	Pasta to Go	Pasta to Go	Pasta to Go	Pasta to Go	Pasta to Go
	Filled Panini's	Filled Panini's	Filled Panini's	Filled Panini's	Filled Panini's
	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes	Sandwiches, Rolls, Baguettes, Wraps and Homemade Cakes
	Pasta Salads	Pasta Salads	Pasta Salads	Pasta Salads	Pasta Salads
	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate	Fruit Juices and Waters Milkshakes Tea, Coffee and Hot Chocolate

(V) This dish is suitable for vegetarians