

# Athena Trust Menu



**Week: 3 –**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Course Meat</b>	Beef Lasagne	Sausages and onion gravy	Roast Gammon	Sweet and Sour chicken	Chicken Goujons
<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 Lasagne(V)	Vegetable sausage and onion gravy (V)	Homity Pie (V)	Vegetable Curry (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>	Wedges	Mashed Potatoes	Roast Potatoes	Noodles or Rice	Chips
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
<b>Vegetables</b>	Peas	Broccoli	Cabbage	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>	Custard Biscuit	Fruit Jelly and ice cream	Chocolate Cake	Toffee 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

Menu

**Grab & Go (Hot)**

Chef's Daily Special	Chef's Daily Special	Chef's Daily Special	Chef's Daily Special	Chef's Daily Special
Chicken Tikka Salad Wrap Bacon and Sausage in a Hot Crusty Roll	BBQ Chicken Salad Wrap Bacon and Cheese in a Hot Crusty Roll	Hot and Spicy Chicken Salad Wrap Double Bacon in a Hot Crusty Roll	Original Chicken Salad Wrap Bacon and Sausage in a Hot Crusty Roll	BBQ Chicken Salad Wrap 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	Pasta to Go
Filled Panini's	Filled Panini's	Filled Panini's	Filled Panini's	Filled Panini's

**Grab & Go (Cold)**

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

**Drinks**

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
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(V) This dish is suitable for vegetarians