

Athena Trust Menu



Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|--|--|--|
| Main course Meat | Cottage Pie | Ham Mac & Cheese | Roast Turkey | Chicken Katsu Curry | Chicken Goujons |
| Fish | Jacket Potato and Tuna | Jacket Potato and Tuna | Jacket Potato and Tuna | Jacket Potato and Tuna | Cod in Batter |
| Vegetarian | Vegetable Crumble(V) | Mac & Cheese(V) | Cheese and Broccoli Quiche(V) | Vegetable Katsu Curry (V) | Quorn Nuggets (V) |
| Pasta Bake | Tomato and Basil Pasta | Creamy Tomato Pasta | Spicy Tomato Pasta | Creamy Tomato Pasta | Tomato and Basil Pasta |
| Starchy food | Mashed Potatoes | Pasta/ Garlic Bread | Roast Potatoes | Rice | Chips |
| | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes |
| Vegetables | Peas | Broccoli | Cabbage | Sweetcorn | Peas |
| | Carrots | Sweetcorn | Carrots | Peas | Baked Beans |
| Salad | Mixed Salad | Mixed Salad | Mixed Salad | Mixed Salad | Mixed Salad |
| | Coleslaw | Potato Salad | Coleslaw | Potato Salad | Pasta Salad |
| Extra bread | Petit Pain | Petit Pain | Petit Pain | Petit Pain | Petit Pain |
| Dessert | Chocolate Cookie | Oaty Flapjack | Carrot Cake | Vanilla Muffin | Chocolate Brownie 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 |
| Grab & Go (Hot) | Chef's Daily Special | Chef's Daily Special | Chef's Daily Special | Chef's Daily Special | Chef's Daily Special |

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| Grab & Go (Cold) Drinks | 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 |
| | Pasta to Go | Pasta to Go | Pasta to Go | Pasta to Go | Chips and Cheese 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