

## MTS spring menu week 1



### Monday

spicy sweet potato soup  
chicken korma  
vegetable biryani  
poppadum chutney  
raita  
pilau rice  
spinach & peas  
spiced roasted  
cauliflower  
pasta bar  
shortbread & jelly pots  
fresh cut fruit  
fresh made yogurt pots

### Tuesday

mushroom soup  
artisan pizza bar  
rocket with sunblush  
tomatoes  
fresh spinach with pesto  
dressing  
smoky potato wedges  
zesty butter corn on the  
cob  
sautéed green beans  
jacket bar  
lemon cheesecake  
fresh cut fruit  
fresh made yogurt pots

### Wednesday

vegetable soup  
honey roast gammon  
with baked apple  
wedges  
Seasonal vegetable  
pie  
gravy  
roasted potatoes  
Carrots  
Savoy cabbage  
pasta bar  
apple crumble with  
custard  
fresh cut fruit  
fresh made yogurt  
pots

### Thursday

sweetcorn and  
noodle soup  
sweet chilli chicken  
noodles  
chinese vegetable  
stir fry  
prawn crackers  
asian slaw  
fragrant rice  
sweetcorn  
jacket bar  
carrot cake  
fresh cut fruit  
fresh made yogurt  
pots

### Friday

tomato and basil  
Soup  
battered fish or  
fresh catch of the  
day  
tartar sauce and  
lemon wedges  
spicy bean burger  
pineapple salsa  
Chips  
curry sauce  
peas, beans  
pasta bar  
chocolate sponge  
with chocolate  
sauce  
fresh cut fruit  
fresh made yogurt  
pots

## MTS spring menu week 2



### Monday

tomato and smoky  
paprika soup

chicken and chorizo  
paella

vegetable paella

charred peppers  
battered onion rings

baby corn  
sugar snap peas

pasta bar

sticky toffee sponge  
with cream  
fresh cut fruit  
fresh made yogurt pots

### Tuesday

red pepper and  
butternut squash soup

chicken and mushroom  
pie

roasted red pepper  
quiche

gravy  
herb diced potatoes  
garden peas  
baton carrots

jacket bar

strawberry mousse  
fresh cut fruit  
fresh made yogurt pots

### Wednesday

vegetable soup

roast pork loin  
fresh apple sauce

vegetable cobbler

gravy

roasted potatoes  
fine green beans  
roasted honeyed  
parsnips

pasta bar

bake well tart with  
custard  
fresh cut fruit  
fresh made yogurt  
pots

### Thursday

sweet potato soup

beef chilli con carne

three bean chilli

salsa, sour cream  
loaded nachos

mexican sweetcorn  
broccoli

jacket bar

lemon drizzle cake  
fresh cut fruit  
fresh made yogurt  
pots

### Friday

parsnip and apple  
soup

battered fish goujons  
or  
fresh catch of the day  
tartar sauce and lemon  
wedges

sweet potato and  
pepper roll

chips  
peas, beans

pasta bar

chocolate cupcake with  
chocolate frosting  
fresh cut fruit  
fresh made yogurt pots

## MTS spring menu week 3



### Monday

spicy three bean soup  
bbq chicken wrap  
spicy cheesy bean wrap  
salsa, sour cream  
fluffy white rice  
sweetcorn  
green beans  
pasta bar  
rocky road  
fresh cut fruit  
fresh made yogurt pots

### Tuesday

hot and sour soup  
sweet and sour pork  
quorn in black bean  
sauce  
prawn crackers  
vegetable spring roll  
oriental noodles  
broccoli  
baby corn  
jacket bar  
brioche bread and  
butter pudding with  
custard  
fresh cut fruit  
fresh made yogurt pots

### Wednesday

vegetable soup  
roast chicken  
sage and onion  
stuffing  
cheese pie  
gravy  
roasted potatoes  
swede and carrot  
mash  
cauliflower  
pasta bar  
chocolate orange  
brownie  
fresh cut fruit  
fresh made yogurt  
pots

### Thursday

italian soup  
beef bolognese  
Spaghetti  
ricotta and spinach  
cannelloni  
garlic bread  
italian tomato salad  
spinach with pesto  
dressing  
Sweetcorn and garden  
peas  
jacket bar  
scones with jam and  
cream  
fresh cut fruit  
fresh made yogurt pots

### Friday

lentil soup  
battered fish goujons  
or  
fresh catch of the day  
tartar sauce and lemon  
wedges  
homemade cheese and  
spring onion bakes  
chips  
mushy peas, beans  
pasta bar  
chocolate sponge with  
chocolate sauce  
fresh cut fruit  
fresh made yogurt pots