

**Marine Academy Plymouth Menu
Lunch Menu Week 1**

Week 1	Mon	Tues	Wed	Thurs	Fri
Main Meal	Meat and Vegetable pie with wedges	Cottage pie	Chicken Pasta With Garlic bread	Roast Turkey with Roast Potatoes and gravy	Homemade Pasty
Vegetarian option	Cheesy wheel with Wedges	Quiche with Wedges	Cauliflower Cheese	Peppers Quiche	Grab and Go
Dessert	Iced Cake	Chocolate Cake with Chocolate Sauce	Madelaine Sponge	Coconut Flapjack	Homemade Cookie

All above served with Vegetable of the day or side salad

Lunch and Break time Menu

Daily	Mon	Tues	Wed	Thurs	Fri
Grab and go snacks	Pizza * Chicken wrap with salad	Bacon and salad bap * Sausage in a bap	Pizza * BLT Roll	Homemade Pasties * Chinese chicken in a bap	Pizza * Cheese and Bean Pastry
Lighter Choice	Jacket with Tuna Mayo * Chicken and Coleslaw Sandwich	Jacket with Ham and Sweetcorn * Ham and Sweetcorn Sandwich	Jacket with Baked Beans * Ham and Tomato Sandwich	Jacket with Tuna and Sweetcorn * Tuna and Sweetcorn Sandwich	Jacket with Coronation Chicken * Egg and Bacon Sandwich

Also available daily

Pasta pots
Panini's
Flat breads
Homemade Sandwich's
Filled rolls

A variety of drinks will be available to purchase