

**Marine Academy Plymouth Menu
Lunch Menu Week 2**

Week 2	Mon	Tues	Wed	Thurs	Fri
Main Meal	Sausage and Onion with Gravy and Mash	Spaghetti Bolognese With Garlic Bread	Chicken and Bacon Pie With Mash Potatoes	Roast Gammon and Gravy with Roast Potatoes	Tomato Pasta With Homemade Bread Roll
Vegetarian option	Macaroni Cheese	Homity Pie	Omelette with Wedges	Risotto	Homemade Filled roll
Desert	Homemade Iced Buns	Shortbread	Chocolate Brownie	Jelly with Fruit	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 * Bacon and cheese Square	Homemade Pasties * Chinese chicken in a bap	Pizza * Chicken and Bacon Wrap
Lighter Choice	Jacket with Cheese and Coleslaw * Cheese and Coleslaw Sandwich	Jacket with Ham and Coleslaw * Ham and Pickle Sandwich	Jacket with Cheese * Egg Mayo Sandwich	Jacket with Baked Beans * Roast Gammon roll	Jacket with Tuna and Sweetcorn * Tuna and Sweetcorn Roll

Also available daily

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

A variety of drinks will be available to purchase