

**Marine Academy Plymouth Menu
Lunch Menu Week3**

Week 3	Mon	Tues	Wed	Thurs	Fri
Main Meal	Chicken Curry and Rice	Lasagne	Fish Fingers with Chips	Roast Beef with Gravy and Roast Potatoes	Pizza and wedges
Vegetarian option	Quorn sausage and mash	Cheese Pasta	Savoury Omelette	Tomato wrap in cheese sauce	Quiche and wedges
Desert	Banana Cake	Lemon Drizzle Cake	Iced Fingers	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 * Chicken and Mayo Salad Rolls	Pizza * Bean and Cheese Round	Homemade Pasties * Chinese chicken in a bap	Pizza * Chicken and Sweetcorn Wrap
Lighter Choice	Jacket with Cheese and Coleslaw * Cheese and Ham Sandwich	Jacket with Bolognaise sauce * BLT Sandwich	Jacket with Coronation Chicken * Egg Mayo Sandwich	Jacket with Baked Beans * Roast Beef Roll	Jacket Bacon and Beans * Ham Salad Roll

Also available daily

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

A variety of drinks will be available to purchase