

**Marine Academy Plymouth Menu  
Lunch Menu Week 4**

Week 4	Mon	Tues	Wed	Thurs	Fri
Main Meal	Beef burgers in a bap with spicy wedges	Meatballs with pasta	Crunchy chicken bites with wedges	Roast Chicken with Roast Potatoes and gravy	Cheesy pasta with salad
Vegetarian option	Peppers Quiche with chips	Toasted cheese and tomato wrap	Cheese bean pot	Cauliflower cheese with roast potatoes	Grab and Go
Desert	Custard Biscuits	Muffins with Apple Slice	Wellington fudge cake	Jelly with fruit	Lemon Biscuit

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	Bacon and cheese bagel * Chicken wrap with salad	Pizza * Sausage in a bap	Chicken wrap * BLT Roll	Pizza * Chinese chicken in a bap	Toasted ham and pickle wrap * Cheese and Bean Pastry
Lighter Choice	Jacket with Tuna Mayo * Chicken and Coleslaw Sandwich	Jacket with Ham and coleslaw * Ham Sandwich	Jacket with Cheesy Beans * Tuna and sweetcorn sandwich	Jacket with Coleslaw * Ham and pickle Sandwich	Jacket with Beans * 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