




St Mark Spring Menu 2023

-  Added Plant Power
-  Vegan
-  Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One w/c 2/1/23, 23/1/23, 6/3/23, 27/3/23	Option 1	Cheese and Tomato Pizza	BBQ Chicken & 50/50 Rice	Minced Beef Cottage Pie	Chicken Chow Mein with Noodles	Salmon Fish Fingers and Chips
	Option 2	Roasted Cauliflower Curry with 50/50 Rice	Vegetable Tagine with Couscous	Macaroni Cheese	Vegetable Pasty with Mashed Potato	Cheese and Tomato Quiche and Chips
	Vegetables and Salad	Cauliflower Green Beans Rainbow Slaw	Broccoli Sweetcorn Mixed Bean Salad	Carrots Cabbage Green Bean Salad	Green Beans Peppers Mixed Leaf Salad	Steamed Peas Baked Beans Potato Salad
	Dessert	Pear Crumble with Custard	Mandarin Cheesecake	Apple, Cheese and Oaty Biscuit	Banana Loaf	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two w/c 9/1/23, 30/1/23, 20/2/23, 13/3/23,	Option 1	Chicken Jollof	Beef Lasagne	Roast Chicken, skin on Roast Potatoes & Gravy	Beef Sausages, Mashed Potato with Gravy	BBQ Chicken and Chips
	Option 2	Tomato Pasta Bake	Sweet Potato Curry	Vegetarian Wellington with skin on Roast Potatoes	Vegetable Spaghetti Bolognaise	Quorn Pasta Bake
	Vegetables and Salad	Roasted Tomatoes Broccoli Coleslaw	Sweetcorn Courgettes Sweet Potato Power	Cauliflower Carrots Couscous Salad	Red Cabbage Green Beans Roasted Veg Power	Steamed Peas Baked Beans Tomato Penne Salad
	Dessert	Eves Pudding with Custard	Pear & Ginger Slice	Melon, Breadsticks and Cheese	Five A Day Cake	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three w/c 16/1/23, 6/2/23, 27/2/23, 20/3/23,	Option 1	Macaroni Cheese	Chicken Curry with Rice 50/50	Roast Turkey & Stuffing with skin on Potatoes & Gravy	Beef Chilli & Beans with Rice	Fish Fingers and Chips
	Option 2	Vegetarian Tortilla Stack with 50/50 Rice	Spicy Bean Burger with Jacket Wedges	Jollof Rice, Quorn & Beans	Roasted Vegetable Pizza & Jacket Wedges	Vegetable Enchiladas and Chips
	Vegetables and Salads	Peppers Sliced Beans Green Bean Power	Sweetcorn and Peas Mixed Apple and Raisin Salad	Leeks Roasted Carrots Beetroot and Orange	Broccoli Cauliflower Grated Carrot Salad	Steamed Peas Baked Beans Tabbouleh
	Dessert	Rice Pudding with Mixed Berries Compote	Apple and Raisin Strudel with Custard	Pineapple, Cream Cheese and Crackers	Peach Upside Down Cake with Custard	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION

Our menu is prepared in a kitchen where allergens are present. We cannot guarantee that our food is free from allergens. Please inform us of any allergies or intolerances you have before ordering. We will do our best to accommodate your requirements. For more information, please contact us on 01273 810000.