



# YOUR MENU Week ONE

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Fish Meatballs in Tomato Sauce Filled Jacket Potato	Quorn Curry Served with Rice Bacon & Sweetcorn Pasta Bake Filled Baguette	Roast Chicken with Yorkshire Pudding & Gravy Stuffing Balls Filled Jacket Potato	Baked Sausage or Quorn Sausage Cheese and Potato Pie Filled Baguette	Margherita Pizza Fish Fingers
Pasta Garlic Bread Seasonal Vegetables	Naan Bread Seasonal Vegetables	Roast or Creamed Potatoes Seasonal Vegetables	Seasoned Wedges Creamed Potatoes Seasonal Vegetables	Chunky Chips Pasta Chips Baked Beans Peas & Sweetcorn
Seasonal salad bar & freshly baked bread basket available daily				
Flapjack served with Custard Yoghurts Fresh Fruit	Strawberry Mousse Fruit Salad Yoghurts	Fruit Flavoured Jelly Yoghurts Fresh Fruit	Chocolate Cracknel with Custard Yoghurts Fresh Fruit	Flavoured Ice Cream Pot Yoghurts Fresh Fruit

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

For any allergen or special dietary requirements please speak to a member of the catering team

**MADE FRESH**  
ST AMBROSE BARLOW



# YOUR MENU Week TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb or Quorn Burger Bap  Fish Goujons Filled Jacket Potato	Quorn Bolognese  Marconi Cheese Filled Baguettes	Roast Gammon or Quorn Roast Yorkshire Pudding & Gravy Filled Jacket Potato	BBQ Chicken Drumstick  Cheese Omelette Filled Baguettes	Margherita Pizza  Baked Cod Fish Fingers
Duchess Potatoes  Seasonal Vegetables	Pasta Twists Garlic Bread Seasonal Vegetables	Roast & Creamed Potatoes Stuffing Balls Seasonal Vegetables	Rice & Peas  Seasonal Vegetables	Chunky Chips Pasta Twists Baked Beans Seasonal Vegetables
Seasonal salad bar & freshly baked breadbasket available daily				
Apple Crumble with Custard Yoghurts Fresh Fruit	Shortbread with Custard Yoghurts Fresh Fruit	Chocolate Cookies Flavoured Jelly Yoghurts Fresh Fruit	Strawberry Mousse Fresh Fruit Salad Yoghurts Fresh Fruit	Flavoured Ice Cream Pot Yoghurts Fresh Fruit

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MADE FRESH

ST AMBROSE BARLOW



# YOUR MENU Week THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Fish Quorn Pasta Bake Served Garlic Bread Filled Jacket Potato	Quorn Tikka Curry BBQ Chicken Filled Baguette	Roast Turkey or Roast Quorn with Gravy & Yorkshire Pudding Filled Jacket Potato	All Day Breakfast Meat or Quorn Option Filled Baguette	Margherita Pizza Baked Fish Fingers
Seasoned Wedges Seasonal Vegetables	Rice & Naan Bread Seasonal Vegetables	Roast Potatoes Creamed Potatoes Stuffing Balls Seasonal Vegetables	Hash Browns Baked Beans	Chunky Chips Pasta Twists Baked Beans Seasonal Vegetables
Seasonal salad bar & freshly baked breadbasket available daily				
Apple Crumble with Custard Yoghurt Fresh Fruit	Fruit Flavoured Jelly Yoghurt Fresh Fruit	Chocolate Cookies Fresh Fruit Salad Yoghurt Fresh Fruit	Flavoured Ice Cream Pot Yoghurt Fresh Fruit	Chocolate Concrete with Custard Yoghurt Fresh Fruit

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MADE FRESH

ST AMBROSE BARLOW