

## Eden Girls Summer Menu 2019 – Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meal Deal 1</b>	Chicken Shawarma Flat Bread  Paprika Potato Wedges  House slaw	Five Spiced Beef  Beggars Noodles  Peas	Roast Turkey  Roast Potatoes  Seasonal Vegetables	Fish and Chips  Beans/Peas	
<b>Meal Deal 2</b>	BBQ Pulled Beef Brisket  Or Feta and Potato Frittata	Marinated Chicken Drumsticks  Or Mac N Cheese	Beef Burger  Or Chick Pea Curry	Beef Lasagne  Or New Yorker Quorn Dog	<b>Mid Morning Break</b>
<b>Meal Deal 3 (V)</b>	with New Orleans Red Bean Rice  Southern Greens	with Herby Potato Wedges  Chop Chop Salad	with Garlic & Herb Wedges  Corn on the Cob	with Chips  Sweetcorn	
<b>Grab &amp; Go</b>	Veg Bolognese Pasta (V)	Arrabiata Pasta (V)	Chunky Vegetable Pasta (V)	Cajun Pulled Chicken & Bean Pitta	
<b>Grab &amp; Go</b>	Jacket Potato Bar & Selection of fillings	Three Cheese Sicilian Pizza (V) Margherita Pizza (V)	Mushroom & Sweetcorn Pizza (V) Margherita Pizza (V)	Quorn & Vegetable Pizza (V) Margherita Pizza (V)	

All meal deals come with a dessert or Bottle water

Week Commencing 22<sup>nd</sup> April, 13<sup>th</sup> May, 3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> July, 2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct

**(V) Suitable for a Vegetarian diet**

## Eden Girls Summer Menu 2019 – Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meal Deal 1</b>	Cheese, Tomato and Potato Bake (V) Carrots  Peas	Lemon and Ginger Chicken  Rice  Oriental Vegetables	Spanish Beef Hash  Garlic bread  Broccoli	Fish and chips  Beans/Peas	
<b>Meal Deal 2</b>  <b>Meal Deal 3 (V)</b>	Chipotle BBQ Chicken  Or Quorn Sausage Patties & Cheese Bun with Seasoned Potato Wedges  Red Slaw	Marinated Chicken Drumsticks Or Smoky Cauliflower Cheese  with Garlic Bread Slice  BBQ Beans	Piri Piri Pulled Chicken Burger Or Corn, Blackbeans and Feta Soft Tacos  with Garlic & Herb Wedges  Sweetcorn	Marinated Chicken Wrap or Quorn Mac N cheese  with Chips  Crunchy Salad	<b>Mid Morning Break</b>
<b>Grab &amp; Go</b>	Arrabiata Pasta (V)	BBQ Chicken Pasta	Herby Tomato Pasta(V)	Italian Chicken Pasta	
<b>Grab &amp; Go</b>	Jacket Potato Bar & Selection of fillings	Cajun Sizzler Chicken Pizza  Margherita Pizza(V)	Veggie Supreme Pizza (V)  Margherita Pizza(V)	Mushroom & Tomato Sicilian Pizza (V)  Margherita Pizza(V)	

All meal deals come with a dessert or Bottle water

Week Commencing 29<sup>th</sup> April, 20<sup>th</sup> May, 10<sup>th</sup> June, 1<sup>st</sup> July, 9<sup>th</sup> Sept, 30<sup>th</sup> Sept, 21<sup>st</sup> Oct

(V) Suitable for a Vegetarian diet

## Eden Girls Summer Menu 2019 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Deal 1</b>	Thai Yellow Vegetable Curry Whole Grain Rice  Lightly Spiced Sweetcorn with Lime	Chicken Gyros  Crunchy salad	Chipotle Beef Chilli  Creamed Potatoes  Roasted Vegetables	Fish and chips  Beans/Peas	
<b>Meal Deal 2</b>	Ultimate Cheese Burger  Or	Marinated roast Chicken Drumsticks Or	BBQ Chicken Mac N Cheese Or	Smoky Chicken wrap  Or	<b>Mid Morning Break</b>
<b>Meal Deal 3 (V)</b>	Butternut Squash and Feta Bake with Chipotle Potato Wedges  Chop Chop Salad	Vegetable Chilli with Golden Rice & Beans  Southern Greens	Cajun Vegetable Burrito with Garlic and Herb Wedges  Crunchy Raw Salad	Feta and Chickpea Cake with Chips  Tomato and red onion and Lentil Salad	
<b>Grab &amp; Go</b>	Vegetarian Pasta Bolognese (V)	Neapolitan Beany Pasta (V)	Herby Tomato Pasta (V)	Beef Bolognese	
<b>Grab &amp; Go</b>	Jacket Potato Bar & Selection of fillings	3 Cheese Sicilian Pizza (V)  Margherita Pizza (V)	Mushroom & Sweetcorn Pizza (V)  Margherita Pizza (V)	Sicilian Cheese and Tomato Pizza (V)  Margherita Pizza (V)	

All meal deals come with a dessert or Bottle water

Week Commencing: 6<sup>th</sup> May, 17<sup>th</sup> June, 8<sup>th</sup> July, 16<sup>th</sup> Sept, 7<sup>th</sup> Oct.

**(V) Suitable for a Vegetarian diet**