



FORRES SANDLE MANOR

INDEPENDENT PREPARATORY SCHOOL



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Hand Carved Honey Roasted Gammon Served With Gravy	Traditional Pork Sausages Served With Sticky Red Onions & Gravy Sauce	<i>"Pasta My Way"</i> Traditional Bolognese Sauce Or Chunky Tomato & Basil Sauce	Sticky BBQ Boneless Chicken Thighs With Tomato Salsa	Battered White Fish With Tartar Sauce And Lemon Wedges	Build Your Fajita With Lightly Spiced Pulled Chicken, Peppers, Onions, Salsa & Sour Cream	Grab And Go Buffet Lunch
Meat Free	Vegetable & Lentil Loaf	Vegetable Sausages	Quorn Bolognese	Mild Bean & Vegetable Chilli	Tempura Vegetables	Spiced Vegetable & Chick Pea Fajita	
On The Side	Roast Potatoes, Cauliflower & Broccoli Au Gratin, Garden Peas	Mashed Potato, A Medley Of Seasonal Steamed Vegetables	50/50 Wholemeal Penne Pasta, Homemade Garlic Dough-Balls, Salad Pots	Citrus Rice, Corn On The Cob And Green Beans	Chips, Garden Peas, Baked Beans	Steamed Rice, Crudit� Pot	
Dessert	Homemade Chocolate Brownie Topped With A Milk Chocolate Ganache	Fresh Fruit Salad Pots Or Yoghurt Pots	Apple Crumble With Cream	Fresh Fruit Salad Pots Or Yoghurt Pots	Forres Mess	Lemon & Blueberry Muffins	