

Weeks commencing 19th January + 9th February

WEEK 1

OVERLEIGH ST MARY'S COSMIC CANTEEN



SALAD BAR AND FRESH FRUIT AVAILABLE DAILY

MONDAY

Mac and Cheese
with garlic bread & steamed broccoli

Jacket Potato
with cheese and/or beans

Ham Batch

Cheese Batch

Dessert: Chocolate Muffin

TUESDAY

Pork Sausage in a Bun
Chicken Sausage in a Bun (HALAL)

Quorn Sausage in a Bun
All served with a selection of
crisps and biscuits, with
juice or water



WEDNESDAY

Roast Chicken Dinner (HALAL)
Quorn Fillet Roast Dinner
Served with roast potatoes,
stuffing, carrots and swede

Ham Wrap

Cheese Wrap

Dessert: Vegan Jelly

THURSDAY

Beef Spaghetti Bolognese
Quorn Spaghetti Bolognese

Served with sweetcorn and
garlic bread

Cheese Batch

Tuna Batch

Dessert: Jam Doughnuts

FRIDAY

Fish Fillet
Chicken Nuggets (HALAL)

Vegan Nuggets
Served with chips and
peas or baked beans

Ham Wrap

Cheese Wrap

Dessert: Chocolate muffin



Weeks commencing 6th January + 26th February

WEEK 2

OVERLEIGH ST MARY'S COSMIC CANTEEN



SALAD BAR AND FRESH FRUIT AVAILABLE DAILY

MONDAY

Creamy Tomato Pasta Bake
with garlic bread & mixed vegetables

Jacket Potato
with cheese and/or beans

Turkey Batch

Cheese Batch

Dessert: Blueberry Muffin

TUESDAY

Chicken Curry (HALAL)

Quorn Curry

Served with rainbow vegetable rice and
mini naan bread

Ham Wrap

Cheese Wrap

Dessert: Mini Chip Cookies



WEDNESDAY

Roast Chicken Dinner (HALAL)

Quorn Fillet Roast Dinner

Served with roast potatoes, carrots,
green beans and Yorkshire pudding

Turkey Batch

Cheese Batch

**Dessert: Semolina Pudding +
Chocolate or Strawberry Syrup**

THURSDAY

All Day Breakfast

Pork, chicken or vegan sausage,
served with mini muffin, baked
beans, hash browns and toast
(Gluten Free available)

Cheese Batch

Tuna Batch

**Dessert: Ice Cream or
Fruit Smoothie**

FRIDAY

Jumbo Fish Finger

Pork Sausage Roll

Vegan Sausage Roll

Served with chips and baked
beans or garden peas

Turkey Wrap

Cheese Wrap

Dessert: Mini Ring Doughnuts



Weeks commencing 12th January + 2nd February

WEEK 3

OVERLEIGH ST MARY'S COSMIC CANTEEN



SALAD BAR AND FRESH FRUIT AVAILABLE DAILY

MILKSHAKE MONDAY!

Chocolate or Strawberry Milkshake with every meal!

Creamy Tomato Pasta Bake
with garlic bread &
farmhouse vegetables

Jacket Potato
with cheese and/or beans

Turkey Batch
Cheese Batch

Dessert: Blueberry Muffin

TUESDAY

Pork Sausage in a Bun
Chicken Sausage in a Bun (HALAL)
Quorn Sausage in a Bun
All served with a selection of
crisps and biscuits, with
juice or water



WEDNESDAY

Roast Chicken Dinner (HALAL)
Quorn Fillet Roast Dinner
Served with roast potatoes, pigs in
blankets and mixed vegetables
Chicken Wrap
Cheese Quiche
Dessert: Chocolate Rice Pudding

THURSDAY

Mild Beef Chili Con Carne (HALAL)
Mild Quorn Chili Con Carne
served with rice, sweetcorn
and garlic bread
Cheese Batch
Egg Batch
Dessert: Chocolate Cake
+ Custard

FRIDAY

Cheese Pizza
Pepperoni Pizza
Fish Cake
Served with French fries,
baked beans or garden peas
Ham Wrap
Cheese Wrap
Dessert: Ice Cream or Smoothie

