

Cedars Café at Fowey River Academy
Week 1 Menu

22nd February 2016 - 26th February 2016

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausage	Cottage pie	Sweet & sour chicken	Beef curry	Fish of the day
Vegetarian	Veggie sausage	Spicy baked bean mash	Sweet & sour vegetables	Veggie curry	Veggie burger
Vegetables/ Salad accompaniments	Gratin potatoes peas & carrots	Cabbage & carrots	Rice	Rice	Homemade chips, salad & peas
<i>Extra Bread</i>					
Hot desserts	Apple pie & custard	Chocolate & cherry sponge with chocolate sauce	Sticky toffee pudding & custard	Lemon sponge & custard	Jam feather sponge & custard
Grab & Go	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges
A selection of different desserts are available daily	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch
A selection of fruit and yogurts are available daily	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad
Drinks	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water

Cedars Café at Fowey River Academy
Week 2 Menu

29th Febuary - 4th March 2016

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef & mushroom pie	Chicken curry	Roast pork apple sauce & Yorkshire pudding	Shredded beef in hoisin sauce & noodles	Fish of the day
Vegetarian	Vegetable pie	Vegetable curry	Veggie loaf	Vegetable noodles	Vegetable risotto
Vegetables/ Salad accompaniments	Mashed potatoes peas & carrots	Rice & poppadom	Cauliflower cheese, carrots & cabbage	Salad	Homemade chips, salad & peas
Extra Bread	<i>Fresh bread rolls available daily</i>				
Hot desserts	Rice Pudding	Jam roly poly & custard	Chocolate fudge cake & chocolate sauce	Banoffee pie	Apple & cinnamon crumble with custard
Grab & Go	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges
A selection of different desserts are available daily	Flapjacks Muffins Ginger cake Iced buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch
A selection of fruit and yogurts are available daily	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad
Drinks	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water

Cedars Café at Fowey River Academy
Week 3 Menu

7th March - 11th March 2016

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Toad in the hole	Beef cannelloni	Ham & mushroom carbonara	Home made beef burgers	Fish of the day
Vegetarian	Veggie told in the hole	Spinach & ricotta cannelloni	Mushroom carbonara	Veggie burger	Veggie burger
Vegetables/ Salad accompaniments	Mashed potatoes, peas & carrots	Salad	Garlic Bread	Saute potatoes & Salad	Homemade chips, salad & peas
<i>Extra Bread</i>	<i>Fresh bread rolls available daily</i>				
Hot desserts	Treacle tart & custard	Apple pie & custard	Steamed marble sponge & custard	White chocolate bread & butter pudding	Iced sponge & vanilla sauce
Grab & Go	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges
A selection of different desserts are available daily	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch	Flapjacks Muffins Ginger cake Iced Buns Jam buns Rock buns Bakewell tart Jelly Chocolate crunch
A selection of fruit and yogurts are available daily	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad
Drinks	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water

Cedars Café at Fowey River Academy
Week 4 Menu

21st March - 25th March 2016

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Kiev	Cantonese Beef	Roast gammon & pineapple	Chilli con carne	Bank Holiday
Vegetarian	Vegetable risotto	stuffed peppers	Veggie loaf	Vegetable chilli	
Vegetables/ Salad accompaniments	Saute potatoes, peas & sweetcorn	Rice ,Salad	Roast potatoes, carrots & cabbage	Rice or Jacket potatoe	
Extra Bread	<i>Fresh bread rolls available daily</i>				
Hot desserts	Fruit crumble & custard	Blueberry pancakes with Ice-cream	Lemon meringue pie	Jam roly poly & custard	
Grab & Go	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges
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Drinks	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water

Cedars Café at Fowey River Academy
Week 5 Menu

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausage casserole	Pulled Pork	Cottage pie	Beef curry	Fish of the day
Vegetarian	veggie casserole	Vegetable Wrap	Spicy Baked bean mash	Vegetable curry	Veggie burger
Vegetables/ Salad accompaniments	Mashed potatoes peas & carrots	Homemade saute potatoes & salad		Rice	Chips, salad & peas
<i>Extra Bread</i>	<i>Fresh bread rolls available daily</i>				
Hot desserts	Chocolate fudge cake & chocolate sauce	Toffee apple crumble & custard	Pineapple up side down cake & custard	White chocolate bread & butter pudding	
Grab & Go	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges	Pasta Bar Pizza Panini's Wraps Sandwiches Jacket potatoes Salad bar Quiche portion Ham portion Cheese portion Beans portion Chicken pieces Bacon roll Potato wedges
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A selection of fruit and yogurts are available daily	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad	Yogurt varieties Banana Apple Pear Orange Mixed fruit salad
Drinks	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water	Smoothies Fruit juices Aqua Bottle water