



# OVERLEIGH ST MARY'S COSMIC CANTEEN

SALAD BAR AND FRESH FRUIT AVAILABLE DAILY

## MONDAY

Mild chicken curry or vegetable curry served  
with rice, sweetcorn & mini naan

Ham or egg wrap

Ice cream or fruit smoothie

Water

W/C: 15th Sept & 6th Oct

## TUESDAY

### Picnic Lunch Day

Sandwiches: tuna, ham, cheese, egg or  
turkey

Served with a selection of crisps,  
biscuits & juice

Water



## WEDNESDAY

Roast chicken dinner or Quorn fillet  
(vegan) served with roast potatoes,  
Yorkshire pudding and mixed veg

Cheese Flan

Tuna or cheese batch

Jam and coconut sponge with custard

Water

## WEEK 3

## THURSDAY

Tomato pasta bake with broccoli  
& garlic bread

Jacket potato with cheese &  
beans

Cheese or ham batch

Blueberry muffin

## FRIDAY

Fish cake, chicken nuggets or  
vegan nuggets—served with chips  
& peas or baked beans

Egg or turkey batch

Mini ring doughnuts

Water

