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|  Monday | ***Turkey & vegetable casserole with country style diced potatoes Cel*** *(Oven baked potatoes)***Plum, apricot and watermelon cocktail** (diced fresh plum, watermelon & apricot)**High tea: Homemade baked beans with buttered baguette Da So Ce****Yeo Valley Organic fruit yoghurts Da baton cucumber****cheese cubes Da & fresh chopped fruit** |
| Tuesday |  **Lentil & vegetable bolognaise with pasta twists Ce Cel**(Lentils, carrot, celery, peppers, mushrooms in a tomato & herb sauce)**Semolina with fresh strawberry puree Da Ce**(Double cream)**High tea: Fill your own tortilla Ce with grated cheese** **and salad Da, raspberry whirls Da Ce, carrot sticks****cheese cubes Da & fresh chopped fruit** |
| Wednesday | **Boned and rolled roast pork Cel, roast potatoes and** **Winter vegetables** (Gravy stock made from chicken wings, vegetables, garlic & herbs)**Vanilla Fromage Frais**(Double cream & natural yoghurt)**High tea: Tomato and basil linguine Cel Ce carrot cake Ce Eg Da,** **cheese cubes Da grated carrot & fresh chopped fruit**  |
| Thursday | **Chicken and vegetable kebabs Cel with pita pockets Ce So and basmati rice**(Diced chicken breast with fresh sliced peppers, celery, mushrooms, onions and tomatoes)**Lemon sponge with chilled custard Eg Da Ce**(Free range eggs, double cream)**High tea: Tuna & philly sandwiches (Hovis Best Of Both) Da Cel Fi Ce So,** **tomato wedges, banana oat cookie Ce,** **cheese cubes Da & fresh chopped fruit** |
| Friday | **Cod loin and broccoli in a 3 cheese sauce Da Cel Fi with baked potato**(Mild cheddar, red leicester, lyburn gold fancy broccoli florets)**Melon and peach cocktail**(cut into bite size pieces)**High tea: Beef n bean chilli Cel with brown rice, lettuce and cucumber, banana and chocolate treat Da So Ce, cheese cubes Da & fresh chopped fruit** |

**Week 4 Winter Main Menu**