**Week 1 Summer - Main Menu**

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| Monday |  **Lamb and bean chilli with basmati rice Cel**(minced leg of lamb, onion, celery, peppers, haricot beans, in a rich tomato & herb sauce)**Banana, watermelon and mandarin cocktail**(cut into bite size pieces in orange juice)**High tea: Cheese & onion potato boats Da Muller Vitality smooth** **fruit yoghurt Da, cherry tomatoes & cucumber,****cheese cubes Da and fresh chopped fruit** |
| Tuesday |  **Chicken in a 3 cheese sauce with petit pois and baked potato Cel Da**(Diced chicken breast, melody potato, organic double cream & milk)**Honeydew melon, apricot and strawberry cocktail**(Cut into bite size pieces)**High tea: Pizza ships Da Ce, carrot sticks with houmous dip Da,** **sultana flapjack Da Ce, cheese cubes Da and fresh chopped fruit** |
| Wednesday | **Roast topside of beef, roast potatoes and baby carrots Cel**(Gravy stock made from chicken wings, vegetables, garlic & herbs)**Fresh fruit fromage frais: Mango Da**(Fresh pureed mango, natural yoghurt & organic double cream)**High tea: Tomato &vegetable pasta Cel Ce, carrot & raisin salad,****oat thins Da Ce, cheese cubes Da & fresh fruit** |
| Thursday | **Spanish pork with pasta twists Cel Ce**(Diced leg of pork with Mediterranean vegetables in a rich tomato & herb sauce)**Strawberry ice cream with wafer Da Ce**(Soft scoop ice cream)**High tea: Two bean Mexican casserole Cel, buttered baguette Da Ce****Carrot cake Da Ce Eg, cheese cubes Da and fresh chopped fruit** |
| Friday | **Cod, salmon and vegetable pie Fi Cel Da**(Atlantic cod, salmon, locally grown melody potato & organic milk)**Apple sponge with chilled vanilla custard Eg Da Ce**(Free range eggs, braeburn apple & organic double cream)**High tea: Ham & marmite sandwiches (Hovis Best Of Both) Da So Ce, Vegetarian strawberry jelly circles, baton cucumber,** **cheese cubes Da, fresh chopped fruit** |