**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** |