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| Monday | **Thick cut ham and pineapple rings with swede and potato mash****and sweetcorn Da**(Locally sourced melody potatoes and Oakvale ham)**Individual chocolate ice cream pots Da**(Soft scoop ice cream)**High tea: Homemade baked beans with buttered Hovis** **best of both bread Da So Ce, Muller Vitality smooth yoghurt Da****carrot sticks, cheese cubes Da& fresh chopped fruit** |
| Tuesday |  **Beef spaghetti bolognaise Ce Cel**(Lean minced beef, carrot, celery, peppers, mushrooms in a tomato & herb sauce)**Honeydew melon, peach & nectarine cocktail in orange juice**(Cut into bite size pieces)**High tea: Fill your own tortilla Ce with chicken and sweet potato paste Cel, grated cheese and salad Da, braeburn apple and lemon whirls Da,** **cheese cubes Da & fresh chopped fruit** |
| Wednesday | **Boned and rolled roast pork breast Cel, roast potatoes and** **Farm house vegetables** (Gravy stock made from chicken wings, vegetables, garlic & herbs)**Strawberry, apricot and watermelon cocktail** (diced fresh strawberry, watermelon & apricot)**High tea: Tomato and basil linguine Cel Ce lemon & yoghurt loaf Ce Eg Da, cheese cubes Da grated carrot & fresh chopped fruit**  |
| Thursday | **Chicken and vegetable kebabs Cel with pita pockets Ce and basmati rice**(Diced chicken breast with fresh sliced peppers, celery, mushrooms, onions and tomatoes)**Fresh raspberry mousse with a caramelized biscuit Da Ce So**(fresh raspberry puree)**High tea: Tuna & philly sandwiches (Hovis Best Of Both) Da Cel Fi Ce So,** **baton cucumber, 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)**Vanilla sponge with chilled custard Eg Da Ce**(Free range eggs )**High tea: Beef n bean chilli Cel with brown rice Cel, lettuce and cucumber, banana and chocolate treat Da So Ce, cheese cubes Da & fresh chopped fruit** |

**Week 4 Summer - Main Menu**