



Main Menu

Week 1: Summer 2016



Monday	<p><u>Lunch</u></p> <p>Pork sausages, minted new potatoes, peas and sweetcorn. Served with onion gravy</p> <p>Orange wedges and apple slices</p>	<p><u>Tea</u></p> <p>Homemade macaroni cheese with a tomato salad</p> <p>Homemade apricot tart</p>
Tuesday	<p><u>Lunch</u></p> <p>Homemade wild mushroom and pepper strudel with Lyonnaise potatoes and a mushroom sauce</p> <p>Raspberry jelly with fresh strawberries</p>	<p><u>Tea</u></p> <p>Giant cous cous salad with tuna, cucumber and sweetcorn in a lemon vinaigrette dressing</p> <p>Honeydew melon wedges and red grapes</p>
Wednesday	<p><u>Lunch</u></p> <p>Turkey bolognese with wholewheat spaghetti</p> <p>Homemade pineapple and cherry cake</p>	<p><u>Tea</u></p> <p>Homemade sundried tomato, basil and cheddar cheese bread served with baked beans</p> <p>Nectarine and pear wedges</p>
Thursday	<p><u>Lunch</u></p> <p>Roast beef, roast potatoes, broccoli, fresh carrots and served with gravy</p> <p>Watermelon wedges and sultanas</p>	<p><u>Tea</u></p> <p>Wholewheat crackers with ham and onion and chive cottage cheese, served with cucumber sticks and cherry tomatoes</p> <p>Organic Natural Yoghurt with fresh mango puree</p>
Friday	<p><u>Lunch</u></p> <p>Cod and wild mushroom risotto served with warm pitta bread</p> <p>Fresh pineapple slices and grapes</p>	<p><u>Tea</u></p> <p>Smoked chickpea loaded sweet potato skins served with pepper sticks</p> <p>Homemade tropical flapjack</p>