

SUMMER MENU

Week 6 10/06/2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Breaded Cajun Turkey	Breaded Haddock Fillets <i>with tartar sauce</i>	Toad in The Hole <i>served with gravy</i>	Exotic Fruit Demo <i>Chicken Madras with mango chutney and raita</i>	Beef Burgers <i>with a cheese slice and tomato relish</i>
Vegetarian	Roasted Vegetable Moussaka	<i>Soya Mince Bolognese served with spaghetti</i>	Roasted Summer Vegetable Wellington <i>with vegetarian gravy</i>	Cheese and Chive Quiche <i>with a green salad</i>	Quorn Hot Dogs <i>with caramelised onions</i>
Alternative	Pasta Penne <i>with a creamy tomato and basil sauce</i>	<i>Oven Baked Jacket Potato with grated cheese and baked beans</i>	Wholemeal Pasta <i>with a pesto sauce</i>	<i>Oven Baked Jacket Potato with a mushroom sauce</i>	Filled Cheese and Onion Potato Skins
On the Side	Brown Rice Creamy Leeks Steamed Broccoli	Potato Wedges Steamed Carrots Baked Beans	Mashed Potato Curly Kale Roasted Courgettes	Turmeric Rice Sweetcorn Roasted Vegetables	Oven Chips Peas Baked Beans
Cold Dessert	Fruity Flapjacks	Water Melon Slices	Raisin Shortbread	Summer Berry Pots	Ice Cream with various toppings
Daily Desserts	Every day there will be a selection of: jelly, natural yoghurt with toppings, fresh whole & cut fruit pots				
Daily Salad	Sliced cucumber, tomatoes, grated carrots, mixed salad leaves, sweetcorn, grated cheese, coleslaw, dressings, pumpkin, sunflower seeds & fresh bread made in our kitchen				