

# SUMMER MENU

Week 7 17/06/2019	Monday Italian Day	Tuesday	Wednesday Spinach Tasting Table	Thursday	Friday
Main Meal	Beef Bolognaise <i>served with garlic bread</i>	Sweet and Sour Chicken	Roast Turkey <i>with cranberry sauce</i>	Diced Pork in a Creamy Paprika Sauce	Breaded Cod Fillets Or Grilled Pollack <i>with lemon mayonnaise</i>
Vegetarian	Open Cap Mushrooms with Red Lentils and Cheese	Vegetable Biryani	<i>Oven Baked Sweet Potato Halves with vegan chilli con carne</i>	Lentil Cottage Pie	Courgette and Feta Tart
Alternative	Taleggio Cheese Tart <i>with shortcrust pastry</i>	Oven Baked Jacket Potato <i>with tuna mayonnaise</i>	Penna Pasta <i>with red pesto</i>	Oven Baked Jacket Potato <i>with chicken curry</i>	Falafel Burgers <i>with caramelised onions</i>
On the Side	Spaghetti Roasted Vegetables Sweetcorn	Egg Noodles Green Beans Pak Choi	Roast Potatoes Broccoli Carrot Wheels	Fluffy Rice Garlic Mushrooms Roasted Peppers	Oven Chips Garden Peas Baked Beans
Cold Dessert	Melon Wedges	Strawberry Cheesecake	Traffic Light Fruit Pot	Chocolate Chip Cookies	Fruity Jelly Pots
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				