

# SUMMER MENU

Week 8 24/06/2019	Monday	Tuesday	Wednesday	Thursday Mezze Demo Day	Friday
Main Meal	Chicken Fajita <i>served with a minty yoghurt dip</i>	Lamb Korma <i>served with poppadoms and mango chutney</i>	Cod Fish Fingers or Oven Baked Salmon	Beef Pasta Bake <i>served with garlic bread</i>	Chicken Goujons <i>served with mayonnaise</i>
Vegetarian	Lentil Bolognese <i>with spaghetti</i>	Spinach and Chive Omelette	Pepper, Onion and Courgette Frittata <i>served with a green salad</i>	Falafel and Roasted Pepper Wrap <i>with humus</i>	Mozzarella and Tomato Pizza
Alternative	Oven Baked Jacket Potato <i>with grated cheddar cheese and baked beans</i>	Penne Pasta <i>served with ratatouille</i>	Oven Baked Jacket Potato <i>served with Italian chicken and grated cheese</i>	Fusilli Pasta <i>with red pesto and avocado</i>	Oven Baked Jacket Potato <i>with tuna mayonnaise</i>
On the Side	Potato Wedges Sweetcorn Broccoli	Pilaf Rice Turmeric Cauliflower Green Beans	Crunchy New Potato's Carrots Creamy Spinach	Steamed Mixed Vegetables Shredded Cabbage	Oven Chips Minted Peas Baked Beans
Cold Desserts	Lemon Cheesecake	Mixed Melon Wedges	Banana Pots with Custard	Pineapple Slices	Yoghurt Bar with Assorted Toppings
Daily Dessert	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				