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| Monday | ***Turkey & vegetable casserole with country style diced potatoes Cel***  *(Oven baked potatoes)*  **Plum, apricot and watermelon cocktail**  (diced fresh plum, watermelon & apricot)  **High tea: Homemade baked beans with buttered baguette Da So Ce**  **Yeo Valley Organic fruit yoghurts Da baton cucumber**  **cheese cubes Da & fresh chopped fruit** |
| Tuesday | **Lentil & vegetable bolognaise with pasta twists Ce Cel**  (Lentils, carrot, celery, peppers, mushrooms in a tomato & herb sauce)  **Semolina with fresh strawberry puree Da Ce**  (Double cream)  **High tea: Fill your own tortilla Ce with grated cheese**  **and salad Da, raspberry whirls Da Ce, carrot sticks**  **cheese cubes Da & fresh chopped fruit** |
| Wednesday | **Boned and rolled roast pork Cel, roast potatoes and**  **Winter vegetables**  (Gravy stock made from chicken wings, vegetables, garlic & herbs)  **Vanilla Fromage Frais**  (Double cream & natural yoghurt)  **High tea: Tomato and basil linguine Cel Ce carrot cake Ce Eg Da,**  **cheese cubes Da grated carrot & fresh chopped fruit** |
| Thursday | **Chicken and vegetable kebabs Cel with pita pockets Ce So and basmati rice**  (Diced chicken breast with fresh sliced peppers, celery, mushrooms, onions and tomatoes)  **Lemon sponge with chilled custard Eg Da Ce**  (Free range eggs, double cream)  **High tea: Tuna & philly sandwiches (Hovis Best Of Both) Da Cel Fi Ce So,**  **tomato wedges, 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)  **Melon and peach cocktail**  (cut into bite size pieces)  **High tea: Beef n bean chilli Cel with brown rice, lettuce and cucumber, banana and chocolate treat Da So Ce, cheese cubes Da & fresh chopped fruit** |



**Week 4 Winter Main Menu**