

Winter menus 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Lunch	Macaroni cheese Medley of melon	Salmon & petit pois Risotto Pears	Roast gammon, roast potatoes, vegetables Peach yogurt	Irish stew Semolina	Chicken tagine Rice jelly
Week One Tea	Vegetable soup Bread & butter Banana loaf cake	Cheese crumpets grapes	Spaghetti hoops Apple	Tuna sandwiches Fromage frais	Pizza Artic roll
Week Two Lunch	Sausage, bean & potato casserole Greek yogurt & mango coulis	Leek & potato gratin Peaches	Caribbean beef Rice Angel delight	Roast turkey, roast potatoes, vegetables Fruit compote	Fish pie Rice pudding
Week Two Tea	Cheese on toast Pears	Beans on toast Fresh pineapple	Tuna jacket potato Melon	Cream of tomato soup Bread & butter Orange cake	Ham sandwiches Fromages frais
Week Three Lunch	Fish, chips & mushy peas Peaches	Pasta carbonara Mixed fruit puree	Red thai quorn curry Rice Fromage frais	Pork ragu with pasta Custard	Roast chicken, roast potatoes & vegetables Chocolate & beetroot cake
Week Three Tea	Sausage roll Baked beans Pineapple	Carrot & lentil soup Bread & butter Banana	Quiche, potato & carrot waffles, Cherry tomatoes Grapes & kiwi	Tuna & vegetables muffin Strawberry yogurt	Cheese sandwiches Apple