

SUMMER MENU 2014

Week 1

MON	Potato, bacon and onion hotpot	Fresh egg sandwiches
TUES	Turkey ragu	Vegetable sticks, bread sticks and homemade fresh dips
WED	Popeye pasta	Sardine wraps
THURS	Fish pie and peas	Welsh rarebit
FRI	Creamy chicken and mushroom pie with puff pastry	Homemade carrot and orange soup with crusty bread

Week 2

MON	Macaroni cheese	Homemade minestrone soups and croutons
TUES	Chicken jambalaya	Cheese and crackers (cheese straws / scones)
WED	lasagne	sandwiches
THURS	Fish in parsley sauce boiled potatoes and peas	Tomato and basil pasta
FRI	Red lentil, tomato and butterbean casserole	Home made potato wedges and fresh dips

Week 3

MON	Moroccan couscous	Beans on toast
TUES	Red lentil curry	Mushroom soup and crusty bread
WED	Cottage pie	Tuna and sweetcorn pasta
THURS	Spinach and ricotta lasagne	sandwiches
FRI	Sweet and sour chicken with rice / noodles	Bagels and cream cheese

Week 4

MON	3 bean chilli and rice	Homemade pizza
TUES	Cheese and onion quiche	Vegetable sticks, pitta bread and humous
WED	Jacket potatoes tuna and homemade coleslaw	Spaghetti on toast
THURS	Chicken toppers	Pasta pesto
FRI	Salmon mash	Creamy tomato soup with homemade croutons