



Sample Menu

Monday

**Dinner**

Beef Bolognese – kidney beans, courgette, onion, mushroom, carrot & garlic served with pasta.

**Tea**

Selection of chicken & salad sandwiches on wholemeal bread

Tuesday

**Dinner**

Turkey & Lentil Soup – with butternut squash, leeks, parsnip, celery.

**Tea**

Omelette (ham, cheese & onion) served with brown bread

Wednesday

**Dinner**

Slow cooked Ham – served with cabbage, turnip, broccoli & mashed potato

**Tea**

Baked beans served on warm toast

Thursday

**Dinner**

Lamb Casserole – onion, carrot, chick peas, green beans & cauliflower

**Tea**

Warm chorizo & cheese tortilla wraps

Friday

**Dinner**

Fillet of Cod served with fresh tomatoes, asparagus, sweet potato, peas & whole grain rice.

**Tea**

Oven baked ham & pineapple pizza with garlic bread

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**Sample babies teas**

Avacado & yoghurt with bread sticks, stewed apple & Custard, Baked beans, scrambled egg.

*A selection of fresh fruit, cheese cubes and veggie sticks are provided after tea every day & in the evening time.*