

*Week 1 - Main Menu*

<i>Monday</i>	<p><i>Lunch: Lamb and bean chilli with basmati rice, fresh chopped fruit, water/milk <b>Cel</b> (minced leg of lamb, onion, celery, peppers, haricot beans, in a rich tomato &amp; herb sauce)</i></p> <p><i>High tea: Wholesome Soup of the day with buttered bread, fresh chopped fruit, water</i></p>
<i>Tuesday</i>	<p><i>Lunch: Chicken in a 3 cheese sauce with petit pois and baked potato, fresh chopped fruit, water/milk <b>Cel Da</b> (Diced chicken breast, melody potato,)</i></p> <p><i>High tea: Pizza ships <b>Da Ce</b>, carrot sticks with houmous dip <b>Da</b>, fresh chopped fruit, water</i></p>
<i>Wednesday</i>	<p><i>Lunch: Roast topside of beef, roast potatoes and baby carrots, fresh chopped fruit, water/milk <b>Cel</b> (Gravy stock made from chicken wings, vegetables, garlic &amp; herbs)</i></p> <p><i>High tea: Tomato &amp; vegetable pasta <b>Cel Ce</b>, fresh chopped fruit, water</i></p>
<i>Thursday</i>	<p><i>Lunch: Spanish pork with pasta twists, fresh chopped fruit, water/milk <b>Cel Ce</b> (Diced leg of pork with Mediterranean vegetables in a rich tomato &amp; herb sauce)</i></p> <p><i>High tea: Two bean Mexican casserole <b>Cel</b>, buttered baguette <b>Da Ce</b>, fresh chopped fruit, water</i></p>
<i>Friday</i>	<p><i>Lunch: Atlantic cod and potato cake with special vegetable egg noodles and chilled tomato salsa, fresh chopped fruit, water/milk <b>Fu Eg Cel Ce Da</b> (wholemeal bread crumbs, locally grown melody potato &amp; organic milk)</i></p> <p><i>High tea: Wholemeal sandwiches (ham, grated cheese) <b>Da So Ce</b>, fresh chopped fruit, water</i></p>