

*Week 4 - Main Menu*

Monday	<p><i>Lunch: Ham and pasta twirls in a 3 cheese sauce with baby carrots , fresh chopped fruit, water/milk</i></p> <p><i>Cel Da Ce</i> (Oakvale diced ham, Lyburn gold, red Leicester, mild cheddar cheese, organic cream and milk)</p> <p><i>High tea: Wholesome soup of the day, buttered bread, fresh chopped fruit, water</i></p>
Tuesday	<p><i>Lunch: Diced beef, red lentil and spinach curry with basmati rice, fresh chopped fruit, water/milk</i></p> <p><i>Cel</i> (Diced locally reared topside, grated spinach in a rich tomato sauce)</p> <p><i>High tea: Cheese and chive potato boats Da, fresh chopped fruit, water</i></p>
Wednesday	<p><i>Lunch: Chicken and vegetable casserole served with potato and Savoy cabbage mash, fresh chopped fruit, water/milk Cel Da</i></p> <p>(Carrot, swede, peas, mushroom onions celery, herbs, melody potatoes grated Savoy cabbage, stock made from chicken wings)</p> <p><i>High tea: Cheese scones Da Ce wholemeal sandwich (marmite &amp; philly) Da So ce fresh chopped fruit, water</i></p>
Thursday	<p><i>Lunch: Boned and rolled roast pork, roast potatoes with petit pois and diced carrot, fresh chopped fruit, water/milk Cel</i></p> <p>(Stock made from chicken wings, vegetables, locally reared leg of pork)</p> <p><i>High tea: Wrap your own tortilla ce with grated cheese Da and sliced tomato, baton cucumber, fresh chopped fruit, water</i></p>
Friday	<p><i>Lunch: Cod and salmon paella with pita pockets, fresh chopped fruit, water/milk Cel Fi Ce</i></p> <p>(Cod and salmon fillets, basmati rice, celery, mushroom, peppers, petit pois)</p> <p><i>High tea: Tomato and vegetable pasta Cel Ce, fresh chopped fruit, water</i></p>