

Week 5 - Main Menu

<p><i>Monday</i></p>	<p><i>Lunch: Fresh tuna loin and vegetables in a provencal sauce with penne pasta, fresh chopped fruit, water/milk Fi Cel Ce (onion, celery, peppers, mushrooms, sweetcorn in a rich tomato & herb sauce)</i></p> <p><i>High tea: Wholesome Soup of the Day, buttered bread, fresh chopped fruit, water</i></p>
<p><i>Tuesday</i></p>	<p><i>Lunch: Roast beef, roast potatoes and cut green beans, fresh chopped fruit, water/milk Cel (locally reared topside, fresh stock)</i></p> <p><i>High tea: Salmon & vegetable parcel Da Fi Ce, lettuce & tomato salad, buttered baguette Ce Da, fresh chopped fruit, water</i></p>
<p><i>Wednesday</i></p>	<p><i>Lunch: Turkey and ham in the pot with basmati rice, fresh chopped fruit, water/milk Cel (Diced turkey breast, Oakvale ham, carrots, swede, peas, fresh stock)</i></p> <p><i>High tea: Chicken and vegetable noodles Cel Ce, grated carrot & spinach salad, fresh chopped fruit, water</i></p>
<p><i>Thursday</i></p>	<p><i>Lunch: Minced pork, apple and sage loaf with buttered new potatoes and petit pois, fresh chopped fruit, water/milk Da (Minced leg of locally reared pork, braeburn apple)</i></p> <p><i>High tea: Homemade beans Cel on wholemeal buttered bread Da Ce So, apple and cinnamon whirls Da Ce, baton cucumber, fresh chopped fruit, water</i></p>
<p><i>Friday</i></p>	<p><i>Lunch: Skinned and boned chicken thigh, with jacket potato and baby carrots, fresh chopped fruit, water/milk (Locally grown melody potato)</i></p> <p><i>High tea: Fill your own sandwich thins Ce with grated cheese Da, sliced tomato & cucumber, fresh chopped fruit, water</i></p>