

Winter Menu - Week 1

Monday	<p><u>Lunch</u> Tuna pasta bake served with peas.</p> <p><u>Dessert</u> Kiwi, pineapple, and mango salad served with cream.</p>	<p><u>Tea</u> Chunky vegetable soup served with wholemeal rolls</p>
Vegetarian	Tomato pasta bake	As above
Tuesday	<p><u>Lunch</u> Roast chicken, roast potatoes, stuffing, Yorkshires, carrots and parsnips served with gravy.</p>	<p><u>Tea</u> Fruit scones filled with jam, served with apple slices</p>
Vegetarian	Vegetable roast	As above
Wednesday	<p><u>Lunch</u> Mixed bean hotpot topped with sliced potato.</p> <p><u>Dessert</u> Flapjacks</p>	<p><u>Tea</u> Selection of wholemeal wraps with cheese, chicken, and egg mayonnaise with a side salad</p>
Vegetarian	As above	As above
Thursday	<p><u>Lunch</u> Spaghetti Bolognese served with garlic bread. (See recipe)</p>	<p><u>Tea</u> Jacket potato with butter served with beans and cheese</p>
Vegetarian	Vegetable Bolognese	As above
Friday	<p><u>Lunch</u> Vegetable korma and rice served with naan bread</p> <p><u>Dessert</u> Reduced sugar Ice-cream</p>	<p><u>Tea</u> Scrambled eggs on wholemeal toast</p>
Vegetarian	As above	As above