

Winter Menu - Week 4

Monday	<u>Lunch</u> Herby tomato and cheese pasta served with broccoli and cauliflower.	<u>Tea</u> Selection of wholemeal pitta pockets filled with chicken, cheese and egg mayonnaise served with a side salad.
Vegetarian	As above	As above
Tuesday	<u>Lunch</u> Moussaka served with chunky mixed vegetables. <i>(See recipe)</i> <u>Dessert</u> Fruit yoghurt	<u>Tea</u> Cheese and onion mash served with baked beans
Vegetarian	Plant based moussaka	As above
Wednesday	<u>Lunch</u> Cottage pie served with green beans	<u>Tea</u> Spaghetti on wholemeal toast
Vegetarian	Vegetable cottage pie	As above
Thursday	<u>Lunch</u> Mackerel and pea kedgerree served with hard boiled eggs. <i>(See recipe)</i> <u>Dessert</u> Pancakes and banana served with reduced sugar ice-cream	<u>Tea</u> Tomato soup served with wholemeal pitta fingers. <i>(See recipe)</i>
Vegetarian	Pea kedgerree	Creamy tomato soup
Friday	<u>Lunch</u> Roast gammon, roast potatoes, Yorkshires served with peas and sweetcorn.	<u>Tea</u> Homemade cheese and tomato pizza
Vegetarian	Vegetable roast	As above