

# CAROL'S MENU



# WINTER 2008



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	Jacket Potatoes Tuna Mayonnaise & Sweetcorn Green leaf salad  Carrot cake	Chilli –con –carne served with Rice (Vegetarian option available)  Banana custard	Roast chicken Roast potatoes & Vegetables  Ice Cream	Spinach & Cod Bake Croquette potatoes & Peas  Fresh Fruit Puree & natural yoghurt	Noodles with sweet & sour sauce  Chocolate Pudding chocolate sauce
<b>Week 2</b>	Chicken Wraps Salad  Rice pudding	Cauliflower cheese special with sautéed onions & mushroom  Creamy orange & ginger flan	Kedgerie with Natural Smoked Haddock  Apple & pear Oaty Crumble topping	Jacket Potatoes Cheese & beans Salad  Fresh fruit trifle	Moussaka (Vegetarian option available)  Orange French Toast
<b>Week 3</b>	Shepherds Pie with Sweet potato & Swede topping (Vegetarian option available)  Fresh fruit salad	Tuna Pasta Bake Salad  Orange & Apple Pudding	Chicken Dhansak & Rice  Fresh fruit puree & natural yoghurt	Homemade Fish Cakes in wholemeal breadcrumbs, Peas & Sweetcorn with a Parsley sauce  Peaches, Mango & Cream	Stew, Potatoes & Herb Dumplings  Raspberry Flans
<b>Week 4</b>	Macaroni Cheese Tomatoes & Salad  Jumbleberry Crumble	Chicken casserole, new Potatoes & green beans  Fresh Fruit Puree & natural yoghurt	Homemade Pizza's, variety of toppings, cous – cous & Salad  Ice Creams and/or Yogurts & Fruits	Spaghetti bolognaise (Vegetarian option available)  Pineapple Upside Down Cake	Fish Pie, Peas & Sweetcorn  Doughnut Bread with vanilla essence