

## Week Commencing 11<sup>th</sup> July 2016

- Monday:** Tomato & mozzarella pasta & green beans  
Diced mozzarella cheese in a tomato based pasta sauce served with fusilli pasta & green beans  
Suitable for vegetarians  
Apple Crumble & Custard
- Tuesday:** Sweet & sour chicken, noodles & stir fried vegetables  
Chopped chicken breast stir fried with carrots, peppers, mushrooms, broccoli, mange tout, & baby sweet corn served in a sweet & sour sauce with egg noodles  
Our vegetarian option will be Quorn pieces in sweet& sour sauce, noodles & stir fried vegetables  
Strawberries & ice cream  
Fresh strawberries chopped & served with vanilla flavoured ice cream
- Wednesday:** Meatballs, Spaghetti and Green Beans  
Pork, peppers, onions and mushrooms cooked in a barbeque sauce and served with salad and tortilla wraps  
Our vegetarians will enjoy Quorn Sausages in Tomato Sauce with spaghetti and green beans  
Chunky fruit & Yoghurts
- Thursday:** Jambalaya  
A rice dish from the American Deep South with chicken, sausage, peppers, onions, mushrooms, tomatoes & a touch of chilli  
Our vegetarian option will be jambalaya made with quorn pieces  
Eves Pudding & Custard
- Friday:** Tuna & cheese parcels, new potatoes & coleslaw  
Tuna & cheese oven baked in a puff pastry parcel served with new potatoes & coleslaw  
Our vegetarian option will be cheese & onion parcels, new potatoes & coleslaw  
Jelly & Biscuits

Fresh fruit and salad or vegetables served everyday