

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>30 JUN- 4 JULY WEEK 1</b>	Vegetable & chick pea soup  Coleslaw salad with pineapple, turkey & 4 cheeses  Roast chicken with caramelised onion and couscous  Fruit	Cream of pumpkin soup  Mixed leaf salad with tomato, onion, cucumber, pepper & tuna  Ham-filled ravioli with home-made tomato sauce  Fruit	Cress & bean soup  Salad with apple, raisins & cheese  Turkey Stew  Fruit & yoghurt	Cream of courgette soup  Salad with tomato, beetroot, turkey & fresh cheese  Pork Stroganoff with rice  Fruit	Soup with pasta stars  Tomato salad  Turkey, ham and cheese in breadcrumbs with diced potatoes  Fruit
<b>7-17 JULY WEEK 2</b>	Clear broth with vermicelli  Salad with peach, corn, red onion & seeds  Fish & Chips  Fruit	Cream of carrot soup  Lentil vinaigrette  Chicken & Vegetable Paella <b>PICNIC FOR DAY TRIPPERS</b>  Fruit	Cream of chard & bean soup  Coleslaw with carrot, corn, tomato and beetroot  Pasta Bolognese  Fruit & yoghurt	Cream of cauliflower soup  Greek salad with red & green pepper, cucumber, tomato, onion, feta & yoghurt dressing  Beef in gravy with rice <b>PICNIC FOR DAY TRIPPERS</b>  Fruit	Vegetable & chick pea soup  Tuna salad with tomato, onion and cucumber  Chicken filets with apple sauce and diced potatoes  Fruit
<b>14-18 JULY WEEK 3</b>	Vegetable soup with rice  Coleslaw with carrot, pineapple, turkey & cheese  Chicken croquettes with pasta bows and home-made tomato sauce <b>PICNIC FOR DAY TRIPPERS</b>  Fruit	Lentil soup  Tomato salad with cress and fresh cheese  White rice with carrot, peas, minced meat and fried banana  Fruit	Corn stock soup  Salad with pear, cheese and crunchy corn  Cod in a sauce with boiled potatoes and green 'mojo'  Fruit & yoghurt	Vegetable soup with rice  Coleslaw with carrot, pineapple, turkey & cheese  Chicken croquettes with pasta bows and home-made tomato sauce <b>PICNIC FOR DAY TRIPPERS</b>  Fruit	Vegetable soup  Caesar Salad with chicken, parmesan & croutons  Pasta with chicken strips, soy and vegetables  Fruit
<b>21-25 JULY WEEK 4</b>	Beef stock soup  Bean salad  Battered hake medallions with boiled potatoes and red 'mojo'  Fruit	Pumpkin soup  Salad with beetroot, green pepper, beansprouts and onion  Chicken fillets in carrot sauce with rice  Fruit	Lentil soup  Tomato salad  Marinated pork loin in home-made tomato sauce with pasta  Fruit/Yoghurt	Vegetable soup  Bean vinaigrette  Salmon in dill sauce with potatoes  Fruit	Cress and bean soup  Rocket salad with fresh cheese, beansprouts & tomato  Spaghetti Carbonara  Fruit & flan