



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-7 JULY WEEK 1</b>	Soup with pasta stars  4-cheese salad with tangerine and seeds  Fried squid with boiled potatoes and 'mojo' sauce  Braised green peas  Fruit	Cream of pumpkin soup  Tomatoes in vinagrette  Pork loin in an apple sauce with couscous  Chick peas  Fruit & yoghurt	Cress soup  Salad with apple, raisins & cheese  Tuna pasta  Vegetarian pasta dish  Fruit & yoghurt	Cream of pumpkin soup  Salad with tomato, beetroot, onion and peppers  Turkey in home-cooked carrot sauce with rice  Stuffed courgettes  Fruit	Cream of vegetable soup  Mixed salad with tomato, cucumber, olives and corn  Roast chicken with caramelised onion and couscous  Spinach 'meatballs'  Fruit
<b>10-14 JULY WEEK 2</b>	Cream of lentil soup  Coleslaw with carrot & apple  Battered fish pieces with boiled potatoes  Beetroot Burger with boiled potatoes  Fruit	Cream of carrot soup  Lentil vinagrette  Spanish omelette  Vegetarian paella  Fruit	Chard & bean soup  Coleslaw with carrot, corn, tomato & beetroot  Pasta Ravioli with tomato sauce  Spinach & ricotta ravioli  Fruit & yoghurt	Cream of courgette & broccoli soup  Roasted peppers salad  Pork strips with mushroom sauce and rice  Lentil stew with rice  Fruit	Vegetable soup with chick peas  Salad with tuna, tomato, onion & cucumber  Turkey with apple & couscous  Bean stew with couscous  Fruit
<b>17-21 JULY WEEK 3</b>	Vegetable soup with rice  Coleslaw with pineapple, turkey & cheese  Chicken croquettes with chips  Braised lentils with boiled potatoes  Fruit	Cream of cauliflower soup  Salad with tomatoes, cress & fresh cheese  Rice with French omelette pieces and chicken sausages  White rice with black beans  Fruit	Corn stock soup  Salad with pear, cheese and crunchy corn  Cod in a tomato & vegetable sauce with couscous  Falafel with potato  Fruit & yoghurt	Cream of broccoli & vegetables soup  Salad with peach, carrot, corn, cheese and seeds  Chicken curry with mashed potato  Stuffed courgettes  Fruit	Vegetable soup  Mixed salad with tomato, cucumber, pepper & olives  Pasta with vegetables  Fruit
<b>24-28 JULY WEEK 4</b>	Noodle soup  Bean salad  Battered fish chunks with boiled potatoes & 'mojo' sauce  Lentil stew with boiled potatoes  Fruit	Pumpkin soup  Salad with beetroot, green pepper, beansprouts and onion  Oven-baked chicken drumsticks in gravy with rice  Stuffed peppers  Fruit	Lentil soup  Tomatoes in vinagrette  Marinated pork loin in home-made tomato sauce with potato  Beans with potato  Fruit	Vegetable soup  Bean vinagrette  Oven-baked fish with garlic and parsley with couscous  Chick peas with boiled potato  Fruit	Lentil soup  Rocket salad with fresh cheese, beansprouts & tomato  Grilled turkey with garlic pasta bows  Vegetarian spring rolls  Fruit