

## Menu 4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b>	Peas, carrots	Tomatoes, green beans	Sweetcorn, cucumber	Peppers, sugar snap peas	Apple, cheese
<b>Main course</b>	Quorn pieces & mushroom pie New potatoes Chunky mixed veg	Chilli Con Carne Rice Sweetcorn	Roast pork Roast potatoes Broccoli Gravy	Sweet 'n' sour Chicken Noodles Carrots	Mackerel fishcakes Sweet potato wedges Peas
<b>Alternative</b>	As above	Vegetable Chilli Con Carne	Quorn roast	Vegetable Sweet 'n' sour	Cheese cakes
<b>Pudding</b>	Fruit	Carrot cake and custard	Fruit	Semolina	Peaches and custard
<b>Tea</b>	Beans on toast Fresh fruit	Pitta, houmous, cucumber, tomatoes Fresh fruit	Mixed sandwiches Fresh fruit	Cheese and crackers Fresh fruit	Crumpets & spreads Fresh fruit