

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk1	Homemade Bolognese V~ Vegetarian Bolognese Spaghetti Garlic Bread Peas, Sweetcorn Oat Biscuit Glass of Milk or Fresh Fruit	Tomato Pizza ½ Jacket Potato Baked Beans or Mixed Salad *Pears in Chocolate Sauce *Rice Pudding or Fresh Fruit	Oven Baked Sausages with Gravy V~ Vegetarian Sausages with Gravy Creamed Potatoes, Carrots and Broccoli Yoghurt or Fresh Fruit	Chicken Curry V~ Vegetable Curry Boiled Rice Naan Bread Mixed Vegetables Banana Split	Fish fingers V~ Cheese Bake Chips Veg Sticks or Peas Apple Scone and Custard or Fresh Fruit
Wk2	Chicken Pasta Bake V~ Vegetable Pasta Bake Crusty Bread Veg Sticks Chocolate Rice Krispie Cake with fruit juice or fresh fruit	Boiled Ham V- Glamorgan Sausage Oven Baked Savoury Diced Potato Mixed Salad, Carrot Salad Fruit Jelly with Cream or Fresh Fruit	Roast Turkey with Herb stuffing & Gravy V~ Cauliflower and Broccoli Cheese Creamed Potatoes Carrots & Swede Fruit Salad	Savoury Beef V~ Vegetable Casserole Served in a Yorkshire Pudding Creamed Potatoes Peas & Carrots Chocolate & Pear Muffin with Glass of Milk or Fresh Fruit	Salmon Bake V~ Vegetable Nuggets Chips Baked Beans or Mixed Salad Fruit Crumble & Custard Or Fresh Fruit
Wk3	Meats Balls in Tomato Sauce Macaroni Cheese Pasta Spirals Peas, Sweetcorn Flap Jack with fruit Juice or Fresh Fruit	Mince Beef and Vegetable Pie V- Vegetable Pie Creamed Potatoes Farmhouse Mixed Vegetables Strawberry Mousse or Fresh Fruit	Roast Pork & Gravy V~ Vegetable Crumble Homemade Herb Stuffing Creamed Potatoes Carrot & Cabbage Raspberry Ice Cream Sponge Roll or Fresh Fruit	Chicken Goujons in a Salad Wrap V-Vegetable Nuggets in a Salad Wrap *Pasta Salad*Cous cous salad Beetroot Salad Chocolate Sponge With White Sauce or Fresh Fruit	Fish Fingers V-Cheese Bake Chips Baked Beans Vegetable Sticks Orange & Apple Muffin with Milk

Ceredigion Summer 2015 Menu