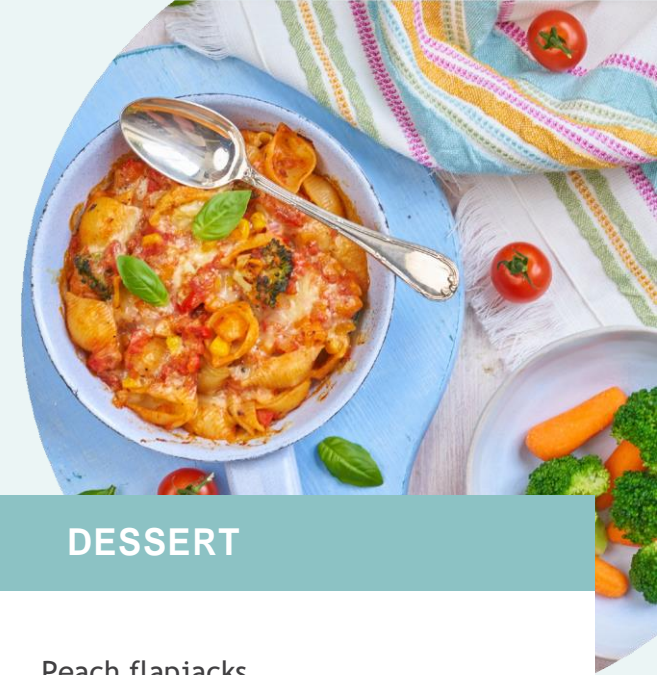
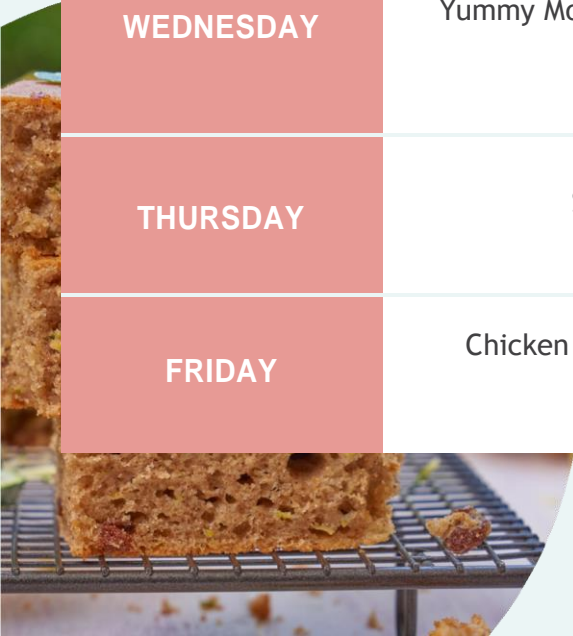


Three-Week Standard Tea Menu

WEEK ONE

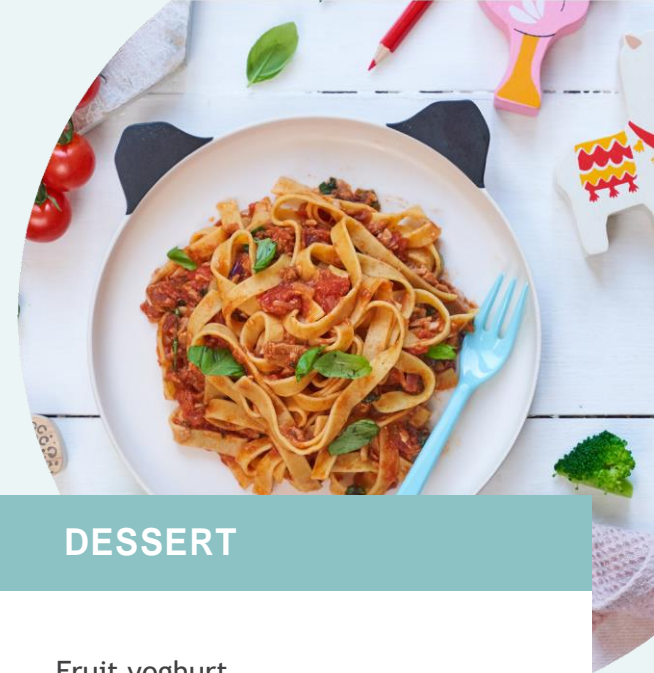


DATE	MAIN	DESSERT
MONDAY	Scrummy cod fish cakes with seasonal mixed veggies <i>Served with baby jacket potatoes</i>	Peach flapjacks
TUESDAY	Tasty vegetarian goulash with smoked paprika <i>Served with basmati rice</i>	Pear cake
WEDNESDAY	Yummy Moroccan chicken tagine with apricots & courgettes <i>Served with herby couscous</i> <i>Side of fresh raw veggies</i>	Fruit yoghurt
THURSDAY	Slow cooked beef stew with mushrooms <i>Served with crunchy diced potatoes</i>	Fruity granola bar
FRIDAY	Chicken & tomato pasta bake with a sweet carrot sauce <i>Side of fresh raw veggies</i>	Fresh fruit



Three-Week Standard Tea Menu

WEEK TWO



DATE	MAIN	DESSERT
MONDAY	Jacket potatoes with grated Cheddar cheese & baked beans	Fruit yoghurt
TUESDAY	Winter vegetables with chickpeas & egg-free noodles <i>Served with a cauliflower coulis</i>	Marble cake
WEDNESDAY	Baked pasta with Mediterranean vegetables and tuna <i>Side of fresh raw veggies</i>	Fresh fruit
THURSDAY	Sweet 'n' sour veggies with peppers & pineapple <i>Served with egg free noodles</i>	Rice Krispie apricot slice
FRIDAY	Scrummy smoked paprika chicken with a zesty tomato sauce <i>Served with basmati rice</i> <i>Side of fresh raw veggies</i>	Mixed berry traybake

Three-Week Standard Tea Menu

WEEK THREE



DATE	MAIN	DESSERT
MONDAY	Tasty cod fish fingers with garden peas <i>Served with sautéed potatoes</i>	Fruit yoghurt
TUESDAY	Roasted veggie pasta bake topped with a Cheddar cheese crust	Pear & pineapple energy bites
WEDNESDAY	Delicious roast chicken with a sweet carrot sauce Garden peas and sweetcorn <i>Served with egg free noodles</i> <i>Side of fresh raw veggies</i>	Apple & cinnamon cake
THURSDAY	Beef cottage pie with potatoes	Mixed fruitcrumble
FRIDAY	Coriander chicken curry with carrots <i>Served with basmati rice</i> <i>Side of fresh raw veggies</i>	Fresh fruit

