**CEC Spring/Summer 2017**

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| **Week One** | **Monday** | **Tuesday****Pizza/Pasta**  | **Wednesday** | **Thursday** | **Friday** | **Menu Cycle W/C** |
| **Starter** |  |  | **Soup** |  | **Packed Lunch** **Filled Rolls/Sandwiches****Yoghurt****Fresh Fruit****Bottle of Water** | **17 April****8 May****29 May****19 June****21 August****11 September****2 October** |
| **Choice 1** | **Cod Goujon with Peas or Coleslaw and Chips** | **Tomato & Basil Vegetable Pasta with Mixed Salad** | **BBQ Chicken Wrap, with Mixed Salad, Cous Cous** | **Scottish Beef****Pasta Bolognaise** |
| **Choice 2** | **Savoury Rice Paella with Vegetables or Mixed Salad** | **Pizza, with Mixed Salad, Potato Wedges** | **Quorn Chilli with Rice** | **Vege Bake with** **Vegetables or Mixed Salad** |
| **Choice 3** | **Baked Potato with a choice of fillings** | **Baked Potato with a choice of fillings** | **Baked Potato with a choice of fillings** | **Baked Potato with a choice of fillings** |
| **Vegetables** | **A selection of seasonal vegetables will be available daily to accompany main meals.**  |
| **Dessert** | **Yoghurt Selection****Fresh Fruit Selection** | **Sponge cake custard****Fresh Fruit Selection** | **Fresh Fruit Selection** | **Fruit Whip/****Lemon Mousse slice****Fresh Fruit Selection** |
| **Additional Information** | **Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection** |  |

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| **Week Two** | **Monday** | **Tuesday** | **Wednesday****Pizza/Pasta** | **Thursday** | **Friday** | **Menu Cycle W/C** |
| **Starter** | **Soup** |  |  |  | **Packed Lunch** **Filled Rolls/Sandwiches****Yoghurt****Fresh Fruit****Bottle of Water** | **24 April****15 May****5 June****26 June****28 August****18 September****9 October** |
| **Choice 1** | **Chicken Meatballs****in gravy with Vegetables,****Potatoes**  | **Scottish****Beef grill in a bun, with Side Salad, Wedges** | **Macaroni Cheese with Vegetables or Mixed Salad** | **Fish Fillet with Peas and Chips** |
| **Choice 2** | **Cheese Sandwich Platter, salad****Vegetable Crudities** | **Sweet Potato & Vegetable Curry with Rice**  | **Pizza with Mixed Salad and Saute Potato**  | **Quorn Sausage Casserole, with Vegetables and Potatoes**  |
| **Choice 3** | **Baked Potato with a choice of Fillings** | **Baked Potato with a choice of Fillings** | **Baked Potato with a choice of Fillings** | **Baked Potato with a choice of Fillings** |
| **Vegetables** | **A selection of seasonal vegetables will be available daily to accompany main meals.**  |
| **Dessert** | **Fresh Fruit Selection** | **Yoghurt Selection****Fresh Fruit Selection** | **Home baking Selection****Fresh Fruit Selection** | **Ice Cream & Jelly****Fresh Fruit Selection** |
| **Additional Information** | **Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection**  |  |

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| **Week Three** | **Monday** | **Tuesday****Pizza/Pasta** | **Wednesday** | **Thursday** | **Friday** | **Menu Cycle W/C** |
| **Starter** | **Soup** |  |  |  | **Packed Lunch** **Filled Rolls/Sandwich****Yoghurt****Fresh Fruit****Bottle of Water** | **1 May****22 May****12 June****14 August****4 September****25 September** |
| **Choice 1** | **Salmon Fish Finger, Potatoes and Vegetables** | **Tomato Pasta and Garlic Bread** | **Chicken Korma with Rice** | **Scottish Pork Sausages, Mashed Potato and Beans** |
| **Choice 2** | **Vege Balls served in a Pitta Bread with Sweet Chilli Sauce and Mixed Salad** | **Pizza with Mixed Salad and Chips**  | **Vege’ Frankfurter in a Finger Roll with Mixed Salad and Crispy Potato Slices**  | **Vegetable Lasagne with Crusty Bread** |
| **Vegetables** | **A selection of seasonal vegetables will be available daily to accompany main meals.**  |
| **Choice 3** | **Baked Potato with a choice of Fillings** | **Baked Potato with a choice of Fillings** | **Baked Potato with a choice of Fillings** | **Baked Potato with a choice of Fillings** |
| **Dessert** | **Fresh Fruit Selection** | **Sponge Cake and Custard****Fresh Fruit Selection** | **Fresh Fruit Salad, Jelly****Fresh Fruit Selection** | **Yoghurt Selection****Fresh Fruit Selection** |
| **Additional Information** | **Available Daily: Mixed Salad, Drinks & Bread Selection**  |  |