**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** | | | | |  |