

Kanesbury

C A R E

Day	Main	Veggie	Sides	Pudding
Mon	Braised steak in a red wine jus - Moussaka	Vegetarian Chilli	Green beans, peas, mashed potatoes	Apple pie with custard or ice cream
Tues	Cottage pie - Pork	Roasted Mediterranean vegetable bake	Butternut squash mash, peas	Fruit salad or ice cream
Weds	Stuffed chicken - Steak & kidney pie	Vegetable risotto	Baby carrots, cabbage, mashed potato	Berry sponge pudding with custard or ice cream
Thurs	Breaded haddock - Lasagne	Goat's cheese tart	Hand-cut chips, mushy peas	Gooseberry fool or ice cream
Fri	Sweet & sour chicken with rice - Poached cod in parsley sauce	Mushroom stroganoff	Green beans, carrots, broccoli	Chocolate sponge or ice cream