



Le Hérisson Summer Lunch Menu



	Week 1 (April 29th)	Week 2 (May 6th)	Week 3 (May 13th)
Monday	Nut free pesto pasta topped with grated mozzarella served with baby carrots Banana Bread	Jerk Chicken served with rice & peas Natural yoghurt/ compote	Cod, dill, courgette, potato & spinach bake with carrots & peas Summer berries & crème fraiche
Tuesday	White fish, Creamy parsley sauce & green beans. Fresh Melon	Turkey Ragu in a tomato sauce Served with pasta Bananas with chilled custard	Spring chicken casserole with mixed rice Granola & natural yoghurt
Wednesday	Jacket Potato with Cheese and Tuna Natural yoghurt and peaches	Chicken “Sunday” dinner served With new potatoes and green beans Fruity shortbread	Macaroni cheese served with peas Fruit salad
Thursday	Chicken dinner, served with veg, chive potatoes and gravy Farm fruit yoghurts	Meatballs pasta Fruit jelly	Beef casserole served with polenta Flapjack
Friday	Fish cakes, mash and peas Fresh fruit salad	Sweet potato, parsnip & date tagine served with natural mixed rice Pineapple sponge cake	Minty braised lamb served with buttered carrots, mashed potato and gravy Raspberry chia seed pudding



