

Little Beans Rolling Hot 2 Course Lunch Menu



Week One

Monday: Roast gammon dinner with vegetables, stuffing and gravy

Dessert: Flapjack

Tuesday: Mixed bean chilli with jacket potato and vegetables

Dessert: Courgette cake

Wednesday: Fish and tomato pasta with salad

Dessert: Jam tart

Thursday: Moussaka with mashed potato and vegetables

Dessert: Blueberry cake

Friday: Chicken korma and rice with vegetables

Dessert: Pear cookie

Week Two

Monday: Cheese and tuna pasta bake with salad

Dessert: Apple cookie

Tuesday: Roast chicken dinner with vegetables, stuffing and gravy

Dessert: Sunflower seed flapjack

Wednesday: Sweet potato and chickpea curry with rice and vegetables

Dessert: Pineapple cake

Thursday: Chilli con carne and rice with vegetables

Dessert: Apple flapjack

Friday: Sausages in onion gravy with mashed potato and vegetables

Dessert: Shortbread

Week Three

Monday: Chicken and tomato risotto with vegetables

Dessert: Flapjack

Tuesday: Cottage pie with vegetables

Dessert: Courgette cake

Wednesday: Roast gammon dinner with vegetables, stuffing and gravy

Dessert: Jam tart

Thursday: Vegetable lasagne with salad

Dessert: Blueberry cake

Friday: Fish and sweetcorn pie with vegetables

Dessert: Pear cookie

Week Four

Monday: Lentil bolognese with vegetables

Dessert: Apple cookie

Tuesday: Fish and pea risotto with salad

Dessert: Sunflower seed flapjack

Wednesday: Chicken and vegetable stir-fry

Dessert: Pineapple cake

Thursday: Sausage pasta bake with vegetables

Dessert: Apple flapjack

Friday: Roast chicken dinner with vegetables, stuffing and gravy

Dessert: Shortbread