

Rolling Hot 2 Course Lunch Menu



Week One

Monday: Roast gammon dinner with vegetables, stuffing and gravy

Dessert: Apricot jam tart

Tuesday: Sweet potato, chickpea and vegetable curry with rice

Dessert: Yogurt

Wednesday: Beef moussaka with vegetables

Dessert: Blueberry cake

Thursday: Lentil and vegetable bolognaise with salad

Dessert: Blackcurrant jam tart

Friday: Cheese and tuna pasta bake with vegetables

Dessert: Shortbread

Week Two

Monday: Fish and pea risotto with salad

Dessert: Peaches and custard

Tuesday: Roast chicken dinner with vegetables, stuffing and gravy

Dessert: Courgette cake

Wednesday: Sausage and tomato pasta bake with vegetables

Dessert: Strawberry jam tart

Thursday: Mixed bean and vegetable chilli with jacket potato

Dessert: Beetroot and chocolate cake

Friday: Spaghetti bolognaise with vegetables

Dessert: Yogurt

Week Three

Monday: Sausages in onion gravy with mashed potato and vegetables

Dessert: Apricot jam tart

Tuesday: Beef chilli con carne with rice and salad

Dessert: Yogurt

Wednesday: Roast gammon dinner with vegetables, stuffing and gravy

Dessert: Blueberry cake

Thursday: Fish and tomato pasta with vegetables

Dessert: Blackcurrant jam tart

Friday: Chicken and vegetable puff pastry pie

Dessert: Shortbread

Week Four

Monday: Chicken and vegetable stir fry

Dessert: Peaches and custard

Tuesday: Fish and sweetcorn pie with vegetables

Dessert: Courgette cake

Wednesday: Beef and cheese pasta bake with salad

Dessert: Strawberry jam tart

Thursday: Roast chicken dinner with vegetables, stuffing and gravy

Dessert: Beetroot and chocolate cake

Friday: Soya and vegetable chilli with rice

Dessert: Yogurt