

# Rolling Hot 2 Course Lunch Menu – Sept 2020



## Week One

**Monday:** Gammon dinner with vegetables, stuffing and gravy

**Dessert:** Yogurt

**Tuesday:** Fish and pea risotto

**Dessert:** Apple flapjack

**Wednesday:** Mixed BBQ beans with vegetables on jacket potato

**Dessert:** Coconut cake

**Thursday:** Spaghetti bolognaise

**Dessert:** Shortbread

**Friday:** Chicken and vegetable puff pastry pie

**Dessert:** Strawberry jam tart

## Week Two

**Monday:** Ratatouille risotto

**Dessert:** Sunflower seed flapjack

**Tuesday:** Roast chicken dinner with vegetables, stuffing and gravy

**Dessert:** Chocolate and courgette cake

**Wednesday:** Fish, vegetable and noodle stir fry

**Dessert:** Yogurt

**Thursday:** Mediterranean vegetable and bean puff pastry pie

**Dessert:** Banana cake

**Friday:** Beef chilli con carne with jacket potato

**Dessert:** Chocolate chip shortbread

## Week Three

**Monday:** Chicken, vegetable and noodle stir fry

**Dessert:** Yogurt

**Tuesday:** Tomato and vegetable pasta

**Dessert:** Apple flapjack

**Wednesday:** Gammon dinner with vegetables, stuffing and gravy

**Dessert:** Coconut cake

**Thursday:** Sweet potato, chickpea and vegetable curry with rice

**Dessert:** Shortbread

**Friday:** Fish and sweetcorn pie

**Dessert:** Strawberry jam tart

## Week Four

**Monday:** Mixed vegetable and rice stir fry

**Dessert:** Sunflower flapjack

**Tuesday:** Minced beef and vegetable puff pastry pie

**Dessert:** Chocolate and courgette cake

**Wednesday:** Sausages and vegetables in onion gravy with mash

**Dessert:** Yogurt

**Thursday:** Breaded fish with coconut sweetcorn rice

**Dessert:** Banana cake

**Friday:** Roast chicken dinner with vegetables, stuffing and gravy

**Dessert:** Chocolate chip shortbread