

Rolling Hot 2 Course Lunch Menu – Jan 2021



Week One

Monday: Root vegetable bake

Dessert: Yogurt

Tuesday: Sausage and vegetables in onion gravy with mash

Dessert: Peppermint shortbread

Wednesday: Italian vegetable pasta

Dessert: Lemon cake

Thursday: Minced beef and vegetable puff pastry pie

Dessert: Apricot flapjack

Friday: Cheese and tuna pasta

Dessert: Blueberry cake

Week Two

Monday: Breaded fish with coconut, sweetcorn and turmeric rice

Dessert: Lemon shortbread

Tuesday: Chicken with potato, vegetables, stuffing and yorkshire pudding

Dessert: Yogurt

Wednesday: Sausage, lentil and rice stew

Dessert: Apple and courgette flapjack

Thursday: Mixed bean chilli with jacket potato

Dessert: Chocolate and parsnip cake

Friday: Chicken and vegetable puff pastry pie

Dessert: Coconut flapjack

Week Three

Monday: Cottage pie

Dessert: Yogurt

Tuesday: Fish and sweetcorn risotto

Dessert: Peppermint shortbread

Wednesday: Gammon with potato, vegetables, stuffing and yorkshire pudding

Dessert: Lemon cake

Thursday: Moussaka

Dessert: Apricot flapjack

Friday: Fish, vegetable and rice stir fry

Dessert: Blueberry cake

Week Four

Monday: Vegetable chilli with rice

Dessert: Lemon shortbread

Tuesday: Cheesy beef and vegetable pasta

Dessert: Yogurt

Wednesday: Mediterranean vegetable puff pastry pie

Dessert: Apple and courgette flapjack

Thursday: Fish and tomato pasta

Dessert: Chocolate and parsnip cake

Friday: Chicken with potato, vegetables, stuffing and yorkshire pudding

Dessert: Coconut flapjack

Rolling 2 Course Tea Menu – Jan 2021



Week One

Monday: Ham wraps with cucumber

pudding: Apple

Tuesday: Houmous and grated carrot sandwiches with pepper

pudding: Banana

Wednesday: Tuna mayonnaise wraps with cucumber

pudding: Apple

Thursday: Jacket potato with cheese and beans

pudding: Banana

Friday: Chicken rice cakes with pepper

pudding: Apple

Week Two

Monday: Houmous and grated carrot sandwiches with tomato

pudding: Pear

Tuesday: Ham wraps with carrot

pudding: Plum

Wednesday: Jacket potato with cheese and beans

pudding: Pear

Thursday: Ham sandwiches with tomato

pudding: Plum

Friday: Tuna mayonnaise wraps with carrot

pudding: Pear

Week Three

Monday: Chicken wraps with pepper

pudding: Banana

Tuesday: Cream cheese crumpets with cucumber

pudding: Apple

Wednesday: Houmous sandwiches with pepper

pudding: Banana

Thursday: Tuna mayonnaise wraps with cucumber

pudding: Apple

Friday: Ham sandwiches with pepper

pudding: Banana

Week Four

Monday: Houmous crumpets with carrot

pudding: Plum

Tuesday: Jacket potato with cheese and beans

pudding: Pear

Wednesday: Ham wraps with tomato

pudding: Plum

Thursday: Chicken sandwiches with tomato

pudding: Pear

Friday: Cream cheese muffins with carrot

pudding: Plum