

Rolling Hot 2 Course Lunch Menu – Sept 2021



Week One

Monday: Moroccan spiced couscous

Dessert: Yogurt

Tuesday: Gammon roast with vegetables, potato and gravy

Dessert: Coconut flapjack

Wednesday: Fish and tomato pasta

Dessert: Lemon shortbread

Thursday: Chicken and vegetable korma with rice

Dessert: Carrot and sultana muffin

Friday: Mixed bean chilli with jacket potato

Dessert: Apple and cinnamon cake

Week Two

Monday: Breaded chicken with paprika rice

Dessert: Strawberry jam tart

Tuesday: Peruvian sweet potato and vegetable bake

Dessert: Banana cake

Wednesday: Sausage and bean puff pastry pie

Dessert: Courgette muffin

Thursday: Fish burger with a side salad

Dessert: Oat and ginger biscuit

Friday: Chicken roast with vegetables, potato and gravy

Dessert: Yogurt

Week Three

Monday: Creamy tuna and sweetcorn pasta

Dessert: Carrot and sultana muffin

Tuesday: Chilli con carne with rice

Dessert: Apple and cinnamon cake

Wednesday: Curried lentil and vegetable puff pastry pie

Dessert: Coconut flapjack

Thursday: Gammon roast with vegetables, potato and gravy

Dessert: Yogurt

Friday: Spaghetti carbonara with garlic bread

Dessert: Lemon shortbread

Week Four

Monday: Beef, vegetable and cheese pasta

Dessert: Banana cake

Tuesday: Breaded fish with coconut, sweetcorn and turmeric rice

Dessert: Oat and ginger biscuit

Wednesday: Sausages and vegetables in onion gravy with mash

Dessert: Yogurt

Thursday: Mediterranean vegetable and bean puff pastry pie

Dessert: Strawberry jam tart

Friday: Turkey and vegetable curry with rice

Dessert: Courgette muffin

Rolling 2 Course Tea Menu – Sept 2021



Week One

Monday: Chicken wraps with tomato

Pudding: Apple

Tuesday: Houmous crumpets with cucumber

Pudding: Banana

Wednesday: Cheese sandwiches with tomato

Pudding: Apple

Thursday: Tuna, cucumber and sweetcorn pasta with mayonnaise

Pudding: Banana

Friday: Ham sandwiches with tomato

Pudding: Apple

Week Two

Monday: Ham with breadsticks with carrot

Pudding: Pear

Tuesday: Chicken sandwiches with pepper

Pudding: Plum

Wednesday: Salmon, cucumber and sweetcorn pasta with mayonnaise

Pudding: Pear

Thursday: Bean and couscous salad

Pudding: Plum

Friday: Houmous and grated carrot wraps with pepper

Pudding: Pear

Week Three

Monday: Houmous and grated carrot sandwiches with cucumber

Pudding: Banana

Tuesday: Cream cheese crackers with tomato

Pudding: Apple

Wednesday: Tuna mayonnaise wraps with cucumber

Pudding: Banana

Thursday: Cheese sandwiches with tomato

Pudding: Apple

Friday: Chicken with breadsticks with cucumber

Pudding: Banana

Week Four

Monday: Bean and couscous salad

Pudding: Plum

Tuesday: Ham wraps with carrot

Pudding: Pear

Wednesday: Chicken with breadsticks and pepper

Pudding: Plum

Thursday: Tuna mayonnaise wraps with carrot

Pudding: Pear

Friday: Cream cheese crumpets with pepper

Pudding: Plum