

Rolling Hot 2 Course Lunch Menu – Jan 2022



Week One

- Monday:** Fish burger with a side salad
Dessert: Lemon shortbread
- Tuesday:** Minced beef and vegetable puff pastry pie
Dessert: Chocolate and parsnip cake
- Wednesday:** Mixed bean and vegetable chilli with rice
Dessert: Courgette muffin
- Thursday:** Chicken dinner with vegetables, stuffing and gravy
Dessert: Yogurt
- Friday:** Sausage, tomato and vegetable pasta
Dessert: Coconut oat bar

Week Two

- Monday:** Spaghetti carbonara with garlic bread
Dessert: Yogurt
- Tuesday:** Ratatouille risotto
Dessert: Apple flapjack
- Wednesday:** Gammon dinner with vegetables, stuffing and gravy
Dessert: Mixed berry sponge
- Thursday:** Chicken and vegetable puff pastry pie
Dessert: Oat and ginger sponge
- Friday:** Fish and tomato pasta
Dessert: Peppermint and chocolate muffin

Week Three

- Monday:** Sweet potato and chickpea curry
Dessert: Apple and courgette oat bar
- Tuesday:** Breaded fish with coconut, sweetcorn and turmeric rice
Dessert: Banana muffin
- Wednesday:** Turkey spaghetti bolognese
Dessert: Yogurt
- Thursday:** Sausages and vegetables in onion gravy with mash
Dessert: Strawberry jam tart
- Friday:** Curried lentil and vegetable puff pastry pie
Dessert: Blueberry cake

Week Four

- Monday:** Mixed vegetable and rice stir fry
Dessert: Oat and ginger biscuit
- Tuesday:** Chicken dinner with vegetables, stuffing and gravy
Dessert: Yogurt
- Wednesday:** Mediterranean vegetable and bean puff pastry pie
Dessert: Apple and cinnamon muffin
- Thursday:** Fish and pea potato pie
Dessert: Carrot and sultana cake
- Friday:** Peruvian sweet potato bake
Dessert: Apricot flapjack

Rolling 2 Course Tea Menu – Jan 2022



Week One

Monday: Houmous and grated carrot sandwich with pepper

pudding: Apple

Tuesday: Tuna, cucumber and sweetcorn pasta with mayonnaise

pudding: Banana

Wednesday: Ham wraps and pepper

pudding: Apple

Thursday: Chicken breadsticks with cucumber

pudding: Banana

Friday: Jacket potato with beans and cheese

pudding: Apple

Week Two

Monday: Chicken wraps with tomato

pudding: Pear

Tuesday: Ham, cucumber and sweetcorn pasta with mayonnaise

pudding: Plum

Wednesday: Houmous crumpets with carrot

pudding: Pear

Thursday: Salmon, cucumber and sweetcorn pasta with mayonnaise

pudding: Plum

Friday: Cheese wraps with carrot

pudding: Pear

Week Three

Monday: Chicken breadsticks with cucumber

pudding: Banana

Tuesday: Cream cheese crumpets with pepper

pudding: Apple

Wednesday: Ham wraps with cucumber

pudding: Banana

Thursday: Houmous and grated carrot sandwiches with pepper

pudding: Apple

Friday: Tuna, cucumber and sweetcorn pasta with mayonnaise

pudding: Banana

Week Four

Monday: Ham sandwiches with carrot

pudding: Plum

Tuesday: Houmous crumpets with tomato

pudding: Pear

Wednesday: Salmon, cucumber and sweetcorn pasta with mayonnaise

pudding: Plum

Thursday: Jacket potato with beans and cheese

pudding: Pear

Friday: Chicken wraps with tomato

pudding: Plum