

# Rolling Hot 2 Course Lunch Menu: Sept-Dec 2022



## Week One

- Monday:** Seasonal vegetable soup with orzo pasta  
**Dessert:** Chocolate and apple biscuit
- Tuesday:** Sausage roast served with, vegetables, potatoes, and stuffing  
**Dessert:** Angel delight with banana
- Wednesday:** Beef lasagne served with garlic bread  
**Dessert:** Melon Medley
- Thursday:** Chicken and vegetable curry served with rice  
**Dessert:** Mixed berry sponge
- Friday:** Breaded fish with homemade wedges and beans  
**Dessert:** Fruit yogurt

## Week Two

- Monday:** Sardine and vegetable and pasta  
**Dessert:** Fruit yogurt
- Tuesday:** Cheesy zucchini boats served with sweetcorn and rice  
**Dessert:** Upside down pineapple cake
- Wednesday:** Roast gammon served with potatoes, vegetables, and stuffing  
**Dessert:** Strawberry jam tart
- Thursday:** BBQ chicken served with sweetcorn, green beans, and couscous  
**Dessert:** Cranberry oat bar
- Friday:** Sausage and mashed potatoes served with minted peas  
**Dessert:** Melon Medley

## Week Three

- Monday:** Sweet and sour chicken served with vegetable rice  
**Dessert:** Melon medley
- Tuesday:** Fishcakes served with homemade wedges and vegetables  
**Dessert:** Mixed berry sponge
- Wednesday:** Meatballs in a tomato and vegetable sauce served with spaghetti  
**Dessert:** Angel delight with banana
- Thursday:** Sausage roast served with vegetables, roast potatoes, and stuffing  
**Dessert:** Fruit yogurt
- Friday:** Beef and vegetable pie served with mashed potatoes  
**Dessert:** Chocolate and apple biscuit

## Week Four

- Monday:** Toad in the hole served with mashed potatoes and mixed vegetables  
**Dessert:** Apple oat bar
- Tuesday:** Turkey bolognese served with pasta  
**Dessert:** Strawberry jam tart
- Wednesday:** Cauliflower tikka masala served with rice  
**Dessert:** Yogurt and fruit
- Thursday:** Fish and Dauphinoise potatoes  
**Dessert:** Melon Medley
- Friday:** Roast gammon served with potatoes, vegetables, and stuffing  
**Dessert:** Upside down pineapple cake

## Rolling 2 Course Tea Menu: Sept-Dec 2022



### Week One

- Monday:** Coronation chicken served with pasta and sweetcorn  
     **pudding:** Kiwi
- Tuesday:** Cream cheese and cucumber wraps  
     **pudding:** Plum
- Wednesday:** Chicken sandwiches served with tomatoes  
     **pudding:** Oranges
- Thursday:** Tuna and sweetcorn pittas  
     **pudding:** Pear
- Friday:** Cheese and crackers served with peppers  
     **pudding:** apricots

### Week Two

- Monday:** Spaghetti in tomato sauce served with a slice of toast  
     **pudding:** Apricots
- Tuesday:** Tuna rolls served with peppers  
     **pudding:** Kiwi
- Wednesday:** Croissants with chicken and carrot sticks  
     **pudding:** Plum
- Thursday:** Pizza muffins served with sweetcorn and cucumber  
     **pudding:** Oranges
- Friday:** Buttered crumpets served with cucumber  
     **pudding:** Pears

### Week Three

- Monday:** Bread sticks served with ham carrot sticks and dip  
     **pudding:** Pears
- Tuesday:** Crisp breads and houmous served with tomatoes  
     **pudding:** Apricots
- Wednesday:** Buttered crumpets served with beetroot  
     **pudding:** Kiwi
- Thursday:** Jacket potato served with beans and cucumber sticks  
     **pudding:** Plum
- Friday:** Chicken sandwiches served with carrots  
     **pudding:** Oranges

### Week Four

- Monday:** Tuna mayonnaise baguette served with tomatoes  
     **pudding:** Oranges
- Tuesday:** Houmous and crackers served with tomatoes  
     **pudding:** Pears
- Wednesday:** Banana sandwiches served with carrots  
     **pudding:** Apricots
- Thursday:** Pizza muffins served with pineapple and cucumber  
     **pudding:** Kiwi
- Friday:** Cream cheese bagels served with peppers  
     **pudding:** Plum