

# Rolling Hot 2 Course Lunch Menu: Autumn term



## Week One

**Monday:** Chicken curry including carrots, peas, sweetcorn, broccoli and cauliflower served with rice.

**Dessert:** Apple biscuit

**Tuesday:** Sausage roast served with carrots, peas, yorkshire pudding, potatoes, and stuffing

**Dessert:** Banana cake

**Wednesday:** Breaded fish with homemade wedges, peas and sweetcorn

**Dessert:** Melon Medley

**Thursday:** Seasonal vegetable soup including sprouts, carrots, sweet potato, cabbage, leeks and parsnips with orzo pasta

**Dessert:** Mixed berry sponge

**Friday:** Gammon and tomato bake including peas, sweetcorn, carrots, broccoli and cauliflower served with couscous

**Dessert:** Chocolate and cherry biscuit



## Week Two

**Monday:** Sausage and mashed potatoes with peas

**Dessert:** Coconut flapjack

**Tuesday:** Cheesy zucchini risotto including onions, peppers, courgettes, mushrooms and tomatoes.

**Dessert:** Pineapple cake

**Wednesday:** Roast gammon served with carrots, peas, yorkshire pudding, potatoes, and stuffing

**Dessert:** Strawberry jam tart

**Thursday:** BBQ chicken served with sweetcorn, green beans, and couscous

**Dessert:** Cranberry oat bar

**Friday:** Sardine, tomato, pepper, carrots, peas, sweetcorn and broccoli pasta

**Dessert:** Melon Medley

## Week Three

**Monday:** Tomato, pepper, carrots, peas, sweetcorn and broccoli pasta

**Dessert:** Melon medley

**Tuesday:** Fish pie including mushrooms, leeks, potatoes, peas and onions served with puff pastry

**Dessert:** Mixed berry sponge

**Wednesday:** Chicken curry including black beans, peas, carrots, sweetcorn tomatoes and lentils served with rice

**Dessert:** Blueberry flapjack

**Thursday:** Gammon roast served with carrots, peas, yorkshire pudding, potatoes, and stuffing

**Dessert:** Lemon drizzle cake

**Friday:** Beef and vegetable pie including lentils, parsnips, carrots, peas and courgettes served with mashed potatoes.

**Dessert:** Chocolate and apple biscuit



## Week Four

**Monday:** Fish, peas and Dauphinoise potatoes

**Dessert:** Apple oat bar

**Tuesday:** Turkey bolognaise including peppers, courgettes, lentils and carrots served with pasta.

**Dessert:** Strawberry jam tart

**Wednesday:** Cauliflower tikka masala including raisins, mushrooms, courgettes, sweetcorn onions and aubergines served with rice.

**Dessert:** Banana cake

**Thursday:** Sausage Casserole with mashed potatoes and mixed vegetables

**Dessert:** Melon Medley

**Friday:** Chicken dinner served with carrots, peas Yorkshire pudding, potatoes, and stuffing

**Dessert:** Upside-down pineapple cake

# Rolling 2 Course Tea Menu: Autumn term



## Week One

- Monday: Tuna and sweetcorn pittas with peppers  
     **pudding: Kiwi**
- Tuesday: Chicken sandwiches served with tomatoes  
     **pudding: Plum**
- Wednesday: Houmous and crackers served with peppers  
     **pudding: Oranges**
- Thursday: Cream cheese and cucumber wraps  
     **pudding: Pear**
- Friday: Ham served with pasta, mayonnaise, carrots and peppers  
     **pudding: Banana**

## Week Two

- Monday: Buttered crumpets served with cucumber  
     **pudding: Banana**
- Tuesday: Spaghetti in tomato sauce served with a slice of toast  
     **pudding: Kiwi**
- Wednesday: Ham sandwiches served with carrots  
     **pudding: Plum**
- Thursday: Cheese and crackers served with tomatoes  
     **pudding: Oranges**
- Friday: Tuna rolls served with peppers  
     **pudding: pears**



## Week Three

- Monday: Bread sticks served with chicken, carrot sticks and dip.  
     **pudding: Pears**
- Tuesday: Crisp breads and houmous served with tomatoes and carrots  
     **pudding: Banana**
- Wednesday: jacket potato served with a tuna salad which includes, peppers, tomatoes, watercress, cucumber, carrots and lettuce.  
     **pudding: Kiwi**
- Thursday: Ham sandwiches served with carrots  
     **pudding: Plum**
- Friday: Buttered crumpets served with beetroot  
     **pudding: Oranges**

## Week Four

- Monday: Houmous and crackers served with tomatoes  
     **pudding: Oranges**
- Tuesday: Tuna mayonnaise sandwich served with tomatoes.  
     **pudding: Pears**
- Wednesday: Cream cheese bagels served with peppers  
     **pudding: Banana**
- Thursday: Corned beef sandwiches served with carrots  
     **pudding: Kiwi**
- Friday: Cream cheese wraps served with cucumber and carrot sticks  
     **pudding: Plum**

