

Rolling Hot 2 Course Lunch Menu: Spring



Week One

Monday: Three bean chilli including kidney beans, red beans, black beans, baked beans, carrots, peppers, lentils and tomatoes served with rice

Dessert: Apricot jam tart

Tuesday: Shepherd's pie including peas, lentils, courgettes, parsnips and carrots

Dessert: Banana muffin

Wednesday: Ham and leek carbonara including mushrooms, peas and cheese served with garlic bread

Dessert: Ginger and cranberry biscuit

Thursday: Fish and Mediterranean vegetable casserole including potatoes, beans, courgettes, peppers, carrots and tomatoes served with homemade wedges

Dessert: Chocolate orange cobbler

Friday: Chicken dinner with peas, green beans, roast potatoes, stuffing and Yorkshire puddings

Dessert: Lemon drizzle cake

Week Two

Monday: Turkey and vegetable tagine including, carrots, chopped tomatoes, leeks, onions, lentils and parsnips served with couscous

Dessert: Carrot cookie

Tuesday: Spring vegetable soup including leeks, tomatoes, courgettes, broccoli, sweet potato, carrots, cabbage orzo pasta

Dessert: Chocolate and parsnip cake

Wednesday: Gammon dinner served with peas, green beans, roast potatoes, stuffing and Yorkshire puddings

Dessert: Mixed berry muffin

Thursday: Honey chicken served with peppers, peas and sweetcorn served with rice

Dessert: Cherry flapjack

Friday: Sardines with peas, carrots, sweetcorn and broccoli in tomato sauce served with pasta

Dessert: Melon medley

Week Three

Monday: Leek and cauliflower cheese bake including peas, mushrooms and carrots served with homemade wedges

Dessert: Lemon drizzle cake

Tuesday: Chicken dinner served with peas, green beans, roast potatoes, stuffing and Yorkshire pudding

Dessert: Ginger and cranberry biscuit

Wednesday: Beef bolognese including peppers, carrots, courgettes and lentils served with pasta

Dessert: Chocolate orange brownie

Thursday: Breaded fish served with curried rice including, carrots, peas, sweetcorn and broccoli

Dessert: Banana cake

Friday: Sausage and vegetable bake including cabbage onions and sweetcorn served with mashed potato

Dessert: Blackberry jam tart

Week Four

Monday: Fish and dauphinoise potatoes served with peas

Dessert: Mixed berry muffin

Tuesday: Savoury beef mince including peas, carrots, swede, broccoli, cauliflower and onions served with rice

Dessert: Chocolate and parsnip cake

Wednesday: Three bean chilli including kidney beans, red beans, peppers, carrots, baked beans and lentils served with couscous

Dessert: Cherry flapjack

Thursday: Gammon dinner served with peas, green beans roast potatoes, stuffing and Yorkshire puddings

Dessert: Melon medley

Friday: Chicken, tomato, carrots, broccoli, peas and sweetcorn pasta bake

Dessert: Carrot cookie



Rolling 2 Course Tea Menu: Spring term



Week One

- Monday:** Houmous and oat cakes served with peppers
 pudding: Apples
- Tuesday:** Chicken and crackers served with cucumber and carrots
 pudding: Oranges
- Wednesday:** Cream cheese bagels served with beetroot
 pudding: Banana
- Thursday:** Ham wraps served with carrots
 pudding: Pear
- Friday:** Tuna and sweetcorn mayonnaise pasta
 pudding: Plum

Week Two

- Monday:** Tuna pittas served with carrots
 pudding: Plum
- Tuesday:** Corned beef sandwiches served with tomatoes
 pudding: Apple
- Wednesday:** Chicken with bread sticks, cucumber, carrots, lettuce, tomatoes and dip
 pudding: Oranges
- Thursday:** Carrot, cucumber, pepper, and mayonnaise pasta
 pudding: Banana
- Friday:** Jacket potato with beans
 pudding: Pear

Week Three

- Monday:** Pate on toast served with cucumber
 pudding: Pears
- Tuesday:** Spaghetti in a tomato sauce on toast
 pudding: Plum
- Wednesday:** Tuna, sweetcorn, and mayonnaise wraps
 pudding: Apples
- Thursday:** Cream cheese sandwich served with tomatoes
 pudding: Oranges
- Friday:** Chicken and crumpets served with carrots
 pudding: Banana

Week Four

- Monday:** Ham sandwiches served with carrots
 pudding: Banana
- Tuesday:** Tuna and mayonnaise flatbreads served with tomatoes
 pudding: Pears
- Wednesday:** Chicken served with breadsticks, cucumber and carrot sticks and dip
 pudding: Plum
- Thursday:** Buttered crumpets with peppers and cucumber
 pudding: Apples
- Friday:** Cheese wraps served with beetroot
 pudding: Oranges

