

# Willow Lunch wk 1 Jan 19

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Cucumber Sticks	Cherry Tomatoes	Carrot Sticks	Sweet Peppers	Breadsticks
Hot Dish	Chipolata and mashed potato	Beef Lasagne	Roast pork loin	Chicken curry	Steak and vegetable pie
Vegetarian choice	Quorn cottage pie	Vegetable curry	Quorn sausage cassoulet	Quorn bolognaise	Tomato and mozzarella pizza
On the Side	Mashed potato, carrots, garden peas	Garlic focaccia, sweetcorn, rice	Roast potatoes, carrots, swede	Rice, Cauliflower	Medley of vegetables. Mashed potatoes
Extra Option	Jacket Potato Plain Pasta	Jacket Potato Plain Pasta	Jacket Potato Plain Pasta	Jacket Potato Plain Pasta	Jacket Potato Plain Pasta
Dessert	Pear tart tatine, fresh fruit, jelly	Jam Swiss roll	Chocolate torte, fresh fruit, jelly	Orange drizzle cake, fresh fruit, jelly	Apple and blackberry crumble, fresh fruit, jelly

## Willow Lunch wk 2 Oct '18

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Cucumber Sticks	Cherry Tomatoes	Carrot Sticks	Sweet Peppers	Breadsticks
Hot Dish	Mild beef chilli	Chicken and bacon carbonara	Roast turkey breast	Beef casserole	Breaded Pollock
Vegetarian choice	Vegetable lasagne	Quorn and vegetable hot pot	Stir fry vegetables and noodles	Quorn curry with savoury rice	Vegetable pizza
On the Side	Rice , sugar snap peas , carrots	Roast medley of vegetables , cabbage	Roast new potatoes, broccoli, carrots	Rice , mashed potatoes, fine beans	Chips , beans , cauliflower cheese
Extra Option	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	Plain Pasta	Plain Pasta	Plain Pasta	Plain Pasta	Plain Pasta
Dessert	Tiramisu/fruit/jelly	Apple and cinnamon cakes/fruit/jelly	Pineapple upside down cake	Banana and chocolate chip cake, fruit, jelly	Chocolate cornflake jam slice, fruit , jelly

# Willow Lunch wk 3 Jan '19

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Cucumber Sticks	Cherry Tomatoes	Carrot Sticks	Sweet Peppers	Breadsticks
Hot Dish	Cottage pie	Beef ragu	Honey roast ham	Beef and vegetable hot pot	Chinese chicken stir fry
Vegetarian choice	Stir fry noodles	Goats cheese quiche	Roast vegetable stew	Sweet potato and chick pea curry	Cheese and tomato curry
On the Side	Broccoli , sweetcorn	Carrot. Ratatouille	Sweet potato mash, cauliflower	Mixed greens, parsnips	Egg fried rice, courgette
Extra Option	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	Plain Pasta	Plain Pasta	Plain Pasta	Plain Pasta	Plain Pasta
Dessert	Apple pie , Fresh fruit, jelly	Carrot cake with butter cream , fresh fruit, jelly	Dark ginger bread with custard. Fresh fruit, jelly	Chocolate sponge with toffee sauce drizzle cake, fresh fruit , jelly	White chocolate & raspberry sponge , fresh fruit , jelly