

ROSENDALE CHILDREN'S CENTRE

Lunch & Tea Time Menu – Spring/Summer April to July 2021

Week 1 – 19th April, 10th May, 7th June, 28th June, 19th July 2021

	Main Meal	Vegetarian	Dessert	Tea
Meat Free Monday's	Tomato & Basil Pasta	Spinach, Chickpea & Vegetable Dhansak with Rice	Apple & Cinnamon Cake with Custard	Selection of Wraps Cucumber Sticks Fruit Yoghurt
Tuesday	Sausage Roll with Mashed Potatoes	Sweet Potato & Red Beans Sausages with Mashed Potatoes	Oatmeal & Raisin Cookie with Apple Wedges	Sweet & Sour Stir-Fried Vegetables with Rice Vegetable of the Day Fresh Fruit Wedges
Wednesday	Herb Roast Chicken with Sage & Onion Stuffing & Roast Potatoes	Roasted Root Vegetable Wellington with Roast Potatoes	Red Velvet Cake with Chocolate Sauce	Tomato Topped Macaroni Cheese Sweetcorn & Red Pepper Salad Fresh Fruit Wedges
Thursday	Mexican Style Beef Wrap with Tomato & Coriander Salsa & Rice	Mexican Bean & Vegetable Enchilada Wrap with Salsa & Rice	Vanilla Ice Cream with Peaches	Selection of Sandwiches Carrot & Cucumber Sticks Fruit Yoghurt
Friday	Battered Fish Fillet with Tomato Sauce & Chips	Caribbean Yellow Split Pea Fritters with Pineapple Relish & Chips	Orange Shortbread with Orange Wedges	Vegetable Jambalaya Sweetcorn & Red Pepper Salad Fresh Fruit Wedges

Week 2 – 26th April, 17th May, 14th June, 5th July 2021

	Main Meal	Vegetarian	Dessert	Tea
Meat Free Monday's	Pesto Style Pasta	Baked Sweet Potato, Carrot & Courgette Pakoras with Masoor Dhal	Strawberry Ice Cream with Watermelon	Selection of Wraps Cucumber Sticks Fruit Yoghurt
Tuesday	BBQ Style Chicken with Oven Roast Potato Wedges	Turkish Red Lentil Kofte Wrap with Oven Roast Potato Wedges	Wholemeal Lemon Shortbread with Fruit Wedges	Pasta Marinara Vegetable of the Day Fresh Fruit Wedges
Wednesday	Lamb Bolognese with Penne Pasta	Lentil & Vegetable Bolognese with Penne Pasta	Chocolate & Orange Sponge with Chocolate Sauce	Baked Onion Bhaji with Apple Chutney & Dhal Vegetable of the Day Fresh Fruit Wedges
Thursday	Chicken Tikka Masala with Pilau Rice	Butternut Squash & Chickpea Curry with Pilau Rice	Jelly with Pineapple Pieces	Assorted Sandwiches Carrot & Cucumber Sticks Fruit Yoghurt
Friday	Breaded Fish Fillet with Tomato Sauce & Chips	Chilli Bean Wrap with Sweetcorn Salsa & Chips	Berry Sponge with Custard	Thin Crust Cheese & Tomato Pizza Tomato & Herb Pasta Salad Fresh Fruit Wedges

Week 3 – 3rd May (Mon 3rd is a Bank Holiday) , 24th May, 21st June, 12th July 2021

	Main Meal	Vegetarian	Dessert	Tea
Meat Free Monday's	Pasta Italiane	Jacket Potato with Baked Beans & Cheese	Lemon & Lime Cake with Custard	Selection of Wraps Cucumber Sticks Fruit Yoghurt
Tuesday	Piri Piri Chicken with Vegetable Rice	Red Pepper & Sweet Potato Pattie with Vegetable Rice	Berry Oat Bar	Chinese Stir Fried Vegetables with Noodles Vegetable of the Day Fresh Fruit Wedges
Wednesday	Cheese & Tomato Pizza with Pasta Salad	Salmon Jambalaya	Jelly with Peaches	Jacket Potato with Baked Beans Sweetcorn & Red Pepper Salad Fresh Fruit Wedges
Thursday	Jamaican Lamb Pie with Mashed Potatoes	Lentil & Vegetable Cottage Pie	Carrot & Pineapple Cake with Custard	Selection of Sandwiches Carrot & Cucumber Sticks Fruit Yoghurt
Friday	Battered Fish Fillet with Tomato Sauce & Chips	Spinach & Cheese Empanada with Chips	Spiced Chocolate Shortbread with Orange Wedges	Sweet Potato & Red Pepper Bites, Vegetable Crudites, Yoghurt & Mint Dip, Wholemeal Pitta Fingers Fresh Fruit Wedges

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