

The Boe Rigg September 2021 – April 2022

Week 1 : 6 th Sep / Week 6: 11 th Oct / Week 11: 22 nd Nov / Week 16: 10 th Jan / Week 21: 14 th Feb / Week 26: 28 th Mar					
Main	Ham or chicken salad pitta with potato skins	Vegetable pasta bake & crusty bread	Chinese style chicken curry, fried rice and naan bread	Ham & pineapple bagel pizza with potato fritters	Mini fish & chips with peas
Alternative	Jacket potato with choice/combination fillings cheese, ham, beans, chilli				
Dessert	Fruit crumble & custard	Cheese & crackers	Sugared doughnut	Cookie with flavoured yoghurt	Angel delight

Week 2 :13 th Sep/ Week 7 18 th Oct/ Week 12: 29 th Nov / Week 17 :17 th Jan /Week 22:28 th Feb / Week 27: 4 th April					
Main	Cheese topped shepherds pie & steamed vegetables	Mini burgers in a bun with cheese & chips	Cauliflower, macaroni and cheese, steamed vegetables & garlic bread	Roast chicken & salad wrap with potato skins	Pizza pinwheels(ham) with crispy potato bites
Alternative	Chicken or vegetable stew with crusty bread				
Dessert	Fruit & jelly	Strawberry cheese cake	Lemon drizzle cake	Sticky toffee pudding & ice cream	Fruit scone topped with jam & fresh cream

Week 3 :20 th Sep / Week 8: 1 st Nov / Week 13 :6 th Dec/ Week 18: 24 th Jan / Week 23: 7 th Mar					
Main	Cumberland sausage & mash with carrots and gravy	Bubble & squeak potato cakes & parsley sauce	Chilli with wholegrain brown rice & garlic bread	Sticky hoisin chicken stir fry with noodles	None meat- meat loaf with new potatoes & steamed vegetables, gravy
Alternative	Tuna & sweetcorn pasta bake				
Dessert	Chocolate crispies cake	Fruit salad	Sprinkle cake	Mousse & cookie	Chocolate cake & pink custard

Week 4 :27 th Sep / Week 9 :8 th Nov / Week 14 :13 th Dec / Week 19: 31 st Jan/ Week 24: 14 th Mar					
Main	Hot dog in a bun with onions & potato skins	Roast chicken dinner with roast potatoes, vegetables & Yorkshire pudding.	Lasagne with garlic bread	Jacket potato with filling of chilli & cheese	Beany bolognese with tagliatelle
Alternative	Scrambled egg with beans & hash brown.				
Dessert	Jam roly- poly & custard	Chocolate brownie	Ice cream cone	Marble cake	Rice pudding & jam

Week 5: 4 th Oct / Week 10: 15 th Nov / Week 15: 3 rd Jan / Week 20: 7 th Feb / Week 25 :21 st Mar					
Main	Chicken salad with new potatoes	Chunky vegetable soup with garlic croutons & crusty bread	Spaghetti bolognese	Ham, egg & mayo ciabatta with salad	Sausage roll with beans & potato skins
Alternative	Cheese topped tagliatelle in a tomato sauce with crusty bread				
Dessert	Tomato soup cake	Jam pudding with cornflake crust & custard	Jelly & custard	Fruit salad with custard	Sticky toffee pudding