

ROAN PRIMARY SCHOOL - SCHOOL MEALS MENU – OCTOBER 2015

MONDAY	Week Commencing 28 th September	Week Commencing 5 th October	Week Commencing 12 th October	Week Commencing 19 th October	Week Commencing 26 th October
	Cottage Pie Mashed Potato, Peas/Carrots Fresh Fruit or Yoghurt OR Chocolate Sponge & Strawberry Sauce	Savoury Mince Mashed Potato, Carrots/Parasnips Fresh Fruit or Yoghurt OR Rice Krispie Squares & Custard	Steak Burger & Bap Mashed Potato, Gravy Fresh Fruit or Yoghurt OR Jam Sponge & Custard	Brown Beef Stew Mashed Potato, Carrots/Peas Fresh Fruit or Yoghurt OR Lemon Sponge & Custard	Savoury Mince Mashed Potato & Broccoli Fresh Fruit or Yoghurt OR Chocolate Cake & Chocolate Sauce
TUESDAY	Home Made Pizza Chips/Mashed Potato, Beans, Mixed Salad Fresh Fruit or Yoghurt OR Rice Pudding & Peaches	Chicken Crumble Chips, Mashed Potato, Sweetcorn, Coleslaw Fresh Fruit or Yoghurt OR Semolina & Oranges	Chicken Drumsticks Mashed Potato, Beans, Mixed Salad Fresh Fruit or Yoghurt OR Chocolate Brownie & Strawberry Sauce	Pasta Bolognaise Mashed Potato, Mixed Vegetables Fresh Fruit or Yoghurt OR Cornflake Crunch & Custard	Roast Turkey Mashed or Roast Potato, Stuffing & Gravy, Carrots Fresh Fruit or Yoghurt OR Rice & Pears
WEDNESDAY	Fish Fingers Mashed Potato, Sweetcorn, Gravy Fresh Fruit or Yoghurt OR Apple Crumble & Custard	Fish Fingers/Salmon Fish Cake Mashed Potato, Mixed Salad Fresh Fruit or Yoghurt OR Chocolate Swiss Roll & Chocolate Sauce	Breaded Fish Chips, Mashed Potato, Mixed Salad, Sweetcorn Fresh Fruit OR Yoghurt OR Rice Pudding & Pineapple	Roast Beef Mashed Potato, Gravy, Carrots/Parasnips Fresh Fruit OR Yoghurt OR Meringue, Fruit & Custard	Fish Fingers Chips, Side Salad, Peas Fresh Fruit or Yoghurt OR Jelly & Ice Cream
THURSDAY	Roast Chicken Mashed Potato, Cabbage, Mixed Vegetables Stuffing & Gravy Fresh Fruit or Yoghurt OR Frozen Mousse	Roast Pork & Stuffing Mashed Potato, Cabbage & Gravy Fresh Fruit or Yoghurt OR Fresh Fruit Salad & Custard	Baked Gammon Mashed Potato, Gravy, Turnip/Peas Fresh Fruit or Yoghurt OR Wholemeal Shortbread & Custard	Chicken Fricassee Mashed Potato, Gravy, Sweetcorn Fresh Fruit OR Yoghurt OR Frozen Mousse	SCHOOL CLOSED
FRIDAY	Lasagne Chips, Mashed Potato, Mixed Vegetables, Mixed Salad Fresh Fruit or Yoghurt OR Flake meal Biscuit & Custard	Oven Baked Sausages Chips, Mashed Potato, Sweetcorn, Mixed Salad Fresh Fruit or Yoghurt OR Ice Cream & Jelly	Vegetable Soup, Hot Dog Mashed Potato, Coleslaw Fresh Fruit or Yoghurt OR Ice Cream Wafer	Chicken Nuggets Chips/Mashed Potato, Baked Beans, Mixed Salad Fresh Fruit or Yoghurt OR Semolina & Two Fruits	SCHOOL CLOSED

MENU IS SUBJECT TO CHANGE.

DINNERS COST £2.50 PER DAY OR £12.50 PER WEEK. * PLEASE SEND EXACT CHANGE EACH MONDAY.**

It is ESSENTIAL that ALL money is received each Monday. PLEASE MAKE CHEQUES PAYABLE TO 'EA SOUTHERN REGION'.

IF YOUR CHILD HAS AN ALLERGY PLEASE CONTACT THE PRINCIPAL/UNIT CATERING