

Roan Primary School Menu – September/October 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 26 th Sept	Spaghetti Bolognaise Garden Peas Mashed Potato Sponge with Jam Topping	Homemade Breaded Chicken Goujons & Dip Diced Carrots Salad Selection Herb Diced Potatoes Jelly & Ice-Cream Slice with Orange Segments	Oven Baked Breaded Fish Fingers Mashed Potato Baked Beans Salad Fresh Fruit OR Fresh Yoghurt	Roast Pork Traditional Stuffing, Fresh Diced Carrots Oven Roast Potato Mashed Potato, Gravy Rice Krispie Square	Oven Baked Sausage Garden Peas Coleslaw Tossed Salad Chips Mashed Potato Ice Cream Tub
WEEK 2 3 rd Oct	Homemade Margherita Pizza Ham & Cheese Pizza Garden Peas Tossed Salad Herb Diced Potato Flakemeal Biscuit & Water Melon Slice	Steak Burger Broccoli Florets Carrots Mashed Potato Gravy Muffin Cake	Fresh Breaded Fish Goujons Baked Beans Sweetcorn, Garden Peas Mashed Potato Jelly & Ice Cream OR Fresh Fruit	Roast Breast of Chicken Traditional Stuffing Fresh Diced Carrots Parsnip Oven Roast Potato Mashed Potato, Gravy Frozen Yoghurt & Fruit Pieces	Chicken Nuggets Sweetcorn Mashed Potato Chips Salad Selection Fruit Sponge
WEEK 3 10 th Oct	Oven Baked Breaded Fish Fingers Baked Beans Garden Peas Mashed Potato Fresh Fruit OR Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread Sweetcorn Jelly & Fruit Pieces	Cottage Pie Carrots Diced Turnip Mashed Potato, Gravy Fresh Yoghurt OR Fresh Fruit	Roast Gammon Fresh Baton Carrots Cauliflower Florets Mashed Potato Oven Roast Potato Gravy Ginger Biscuit & Custard	Oven Baked Sausages Garden Peas Coleslaw Mashed Potato Chips Ice Cream
WEEK 4 17 th Oct	Steak Burger Baked Beans Sweetcorn Mashed Potato Fresh Fruit OR Fresh Yoghurt	Pasta Bolognaise Fresh Baton Carrot Garden Peas Eton Mess (Meringue, Fruit & Yoghurt)	Oven Baked Sausage Garden Peas Mashed Potato Herb Dice Potato Chocolate Brownie	Roast Breast of Chicken Traditional Stuffing Carrots Oven Roast Potatoes Mashed Potato Gravy Fresh Fruit Salad & Jelly	Homemade Margherita Pizza Sweetcorn Salad Selection Chips Ice Cream

**Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily**

**Salad Selection
Rice Salad,
Coleslaw
Sweet Chilli Pasta
Tossed Salad
Lettuce, Cherry
Tomato
Grated Carrots
Cucumber
Diced Red Peppers
Red Onion
Radish
Beetroot**

**If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form**

