

# Roan Primary School Menu – January/February 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 16<sup>th</sup> JANUARY</b>	Spaghetti Bolognese Garden Peas Mashed Potato  Sponge with Jam topping	Homemade Breaded Chicken Goujons & Dip  Sweetcorn Salad Selection Mashed Potato Chips  Jelly	Oven Baked Breaded Fish Fingers  Mashed Potato Baked Beans Salad  Rice Krispie Squares	Roast Breast of Chicken  Traditional Stuffing Gravy Fresh Diced Carrots & Broccoli Florets Mashed Potato Oven Roast Potatoes  Fresh Fruit & Yoghurt	Oven Baked Sausage  Garden Peas Tossed Salad Coleslaw Potato Chips  Ice Cream Tub
<b>WEEK 2 23<sup>RD</sup> JANUARY</b>	Homemade Margherita Ham & Cheese Pizza  Garden Peas Tossed Salad Chips  Flakemeal Biscuit & Watermelon Slice	Steak Burger Carrots Mashed Potato Gravy  Muffin Cake	Fresh Breaded Fish Goujons  Baked Beans Sweetcorn Mashed Potato  Jelly	Roast Pork  Fresh Diced Carrots Oven Roast Potato Mashed Potato Gravy  Fruit Sponge	Chicken Nuggets  Sweetcorn Salad Selection Mashed Potato Chips  Frozen Yoghurt
<b>WEEK 3 30<sup>TH</sup> JANUARY</b>	Oven Baked Breaded Fish Fingers  Carrots Garden Peas Mashed Potato Gravy  Fresh Fruit OR Fresh Yoghurt	Breast of Chicken & Curry Sauce  Boiled Rice & Naan Bread Sweetcorn  Jelly & Fruit Pieces	Cottage Pie/Savoury Mince  Diced Carrots Mashed Potato  Fresh Fruit OR Fresh Yoghurt	Roast Gammon  Fresh Baton Carrots Cauliflower Florets Mashed Potato, Oven Roast Potato Gravy  Ginger Biscuit	Oven Baked Sausages  Garden Peas Salad Selection Coleslaw Potato Chips  Ice Cream
<b>WEEK 4 6<sup>TH</sup> FEBRUARY</b>	Steak Burgers  Baked Beans Salad Selection Mashed Potato  Fresh Fruit OR Fresh Yoghurt	Pasta Bolognese  Garden Peas Mashed Potato  Meringue, Fruit & Yoghurt	Oven Baked Sausage Gravy Diced Carrots Mashed Potato  Chocolate Brownie	Roast Breast of Chicken  Traditional Stuffing Oven Roast Potatoes Mashed Potato Gravy  Jelly	Homemade Margherita Pizza  Sweetcorn Salad Selection Mashed Potatoes 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**

