

# Roan Primary School Menu –October 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2<sup>nd</sup> October</b>	Golden Crumbed Fish Fingers Baked beans & Broccoli & Coleslaw, Mashed potato  Vanilla Artic Roll & Peaches	Beef Meatballs with Italian Tomato & Basil Sauce Garden peas and salad Oven baked potato wedges, pasta  Shortbread, Custard & Fruit	Chicken Curry & Naan Bread Mini Corn on the Cob Steamed Rice, chipped Potatoes  Strawberry Jelly & Fruit	Roast Chicken, Stuffing & Rich Gravy Baton Carrots & tossed salad Mashed potato  Jam & Coconut Sponge & Custard	Tasty Pork Sausages with Tomato Ketchup or Gravy Sweetcorn & Spaghetti Hoops Chipped Potatoes, Mashed Potato, Salad  Melon Wedge
<b>9<sup>th</sup> October</b>	Beef Bolognese with Garlic Bread Garden Peas & Savoy Cabbage Oven Baked Potato Wedges, Spaghetti  Chocolate cake	Golden Crumbed Fish Fingers Mini Corn on the Cob & Spaghetti Hoops & Coleslaw Chipped Potatoes, Pasta  Jelly & Mandarin Oranges	Chicken Curry & Naan Bread Mashed Potato, Rice Green beans & Sweetcorn  Cornflake Biscuit	Roast of the Day, Stuffing & Rich Gravy Cauliflower Cheese & Baton Carrots Mashed Potato  Ice Cream Slider & Fruit	Oven Baked Chicken Nuggets Garden Peas & Baked Beans Chipped Potatoes, Jacket Potato, Salad  Homemade Ginger Biscuit & Fruit
<b>16<sup>th</sup> October</b>	Spaghetti Bolognese Baton Carrots & Baked Beans Mashed Potato, salad  Homemade Ginger Biscuit	Classic Margherita Pizza Garden Peas & Coleslaw Chipped Potato Mashed Potato  Strawberry Jelly, Ice Cream & Fruit	Chicken Curry & Naan Bread Steamed Broccoli & Sweetcorn Oven Roasted Potato Wedges, Rice  Banana Yoghurt Pot	Roast Chicken, Stuffing & Rich Gravy Baton Carrots & Savoy Cabbage Mashed Potato  Chocolate Sponge	Hot Dog Garden Peas & Spaghetti Hoops Chipped Potato, Mashed Potato  Fresh Fruit & Yoghurt
<b>23<sup>rd</sup> October</b>	Chicken Nuggets & Garden Peas Chipped Potato, Pasta  Ice Cream	Spaghetti Bolognese Sweetcorn & Baked Beans Diced Potatoes, Mashed Potatoes, Salad  Fruit	Chicken Curry & Naan Bread Rice, Salad, Mashed Potato  Rice Krispie Square & Fruit	Roast Turkey, Stuffing & Rich Gravy Cauliflower & Baton Carrots Mashed Potato  Fruit Muffin	<b>NO SCHOOL MEALS</b>  <b>SCHOOL CLOSING EARLY FOR PARENT- TEACHER MEETINGS</b>
<b>30<sup>th</sup> October</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	Tasty pork sausages with tomato ketchup or gravy, Sweetcorn & spaghetti hoops, chipped potatoes, mashed potato, salad  Melon Wedge

*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*

Menu may be subject to change at short notice depending upon deliveries etc.

