

Roan Primary School Menu – November/December 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 21st Nov	Spaghetti Bolognaise Garden Peas Mashed Potato Sponge with Jam	Homemade Breaded Chicken Goujons & Dip Sweetcorn Salad Selection Herb Dice Potato, Mashed Potato Jelly	Oven Baked Breaded Fish Fingers Mashed Potato Diced Carrots Broccoli Florets Gravy Fresh Fruit OR Fresh Yoghurt	Roast Pork Traditional Stuffing, Fresh Diced Carrots Broccoli Florets Oven Roast Potato Mashed Potato, Gravy Rice Krispie Square	Oven Baked Sausages Tossed Salad Baked Beans Mashed Potato Chips Ice Cream Tub
WEEK 2 28th Nov	Homemade Margherita Pizza Garden Peas Tossed Salad Herb Diced Potato Flakemeal Biscuit & Water Melon Slice	Steak burger Mashed potato Carrots Gravy Cake	Fresh Breaded Fish Goujons Baked Beans Sweetcorn Garden Peas Mashed Potato Jelly & Oranges Or Fresh Fruit	Roast Gammon Traditional Stuffing Fresh Diced Carrots Oven Roast Potato Mashed Potato, Gravy Raspberry Ripple Ice-Cream	Chicken Nuggets Sweetcorn Mashed Potato Chips Salad Selection Frozen Yoghurt & Fruit Pieces
WEEK 3 5th Dec	Oven Baked Breaded Fish Fingers Carrots Garden Peas Mashed Potato Fresh Fruit OR Fresh Yoghurt	No School Meals All children to bring a packed lunch - School Pantomime	Savoury Mince Salad Selection Mashed Potato, Gravy Rice Pudding OR Fresh Yoghurt OR Fresh Fruit	CHRISTMAS DINNER	Oven Baked Sausages Garden Peas Coleslaw Mashed Potato Chips Ice Cream & Fruit Pieces
WEEK 4 12 Dec	Steak Burger Baked beans Mixed Salad Mashed Potato Fresh Fruit OR Fresh Yoghurt	Pasta Bolognaise Carrots Eton Mess (Meringue, Fruit & Yoghurt)	Oven Baked Sausage Diced Carrots Mashed Potato Gravy 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 & Fruit Pieces

*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*

