

Roan Primary School Menu – January/February 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 16th JANUARY	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
WEEK 2 23RD JANUARY	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
WEEK 3 30TH JANUARY	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
WEEK 4 6TH FEBRUARY	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***

