

# Roan Primary School Menu – September/October25



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>29<sup>th</sup> September</b>	Homemade Beef Bolognese Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs Iced Lemon Sponge Finger	Baked Breaded Whiting & Tartare Mayo Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato Forest Fruits Flavoured Jelly with Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges Cheesecake with Strawberry Sauce	Cook's Gammon with Stuffing & Gravy  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Belgian Waffle with Fruit Salad & Chocolate Sauce	Oven Baked Chicken Goujons with choice of Dip  Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato  Artic Roll with Summer Berry Sauce
<b>6<sup>th</sup> October</b>	Oven-baked Fish Fingers  Garden Peas & Steamed Sweetcorn Chipped Potatoes or Baked Potato Chocolate Mousse & Mandarin Oranges	Beef Bolognese with Fresh Salad Steamed Broccoli & Coleslaw Pasta Spirals or Baby Potatoes  Apple Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread with Fresh Salad Baton Carrots & Garden Peas Steamed Rice or Mashed Potatoes Vanilla Ice Cream & Pear Chunk	Roast Beef & Yorkshire Pudding with Stuffing & Gravy Fresh Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Carrot Cake Slice	Hot Dog with Tomato Ketchup with Fresh Salad Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato Yoghurt & Chopped Fruit
<b>13<sup>th</sup> October</b>	Oven-baked Fish Goujons with Lemon Mayo  Diced Carrots & Garden Peas Crispy Herb Diced Potatoes & Mashed Potatoes Flake meal Biscuit & Melon Wedge	Traditional Savoury Mince Broccoli & Roasted Butternut Squash Mashed Potatoes & Roasted Potato Wedges Chocolate & Pear Sponge Cake & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Garden Peas & Sweetcorn Steamed Rice & Baby Potatoes Date Krispie & Orange Wedge	Roast Chicken with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Vanilla Ice Cream Roll & Peaches	Beef Burger with Tomato Ketchup Baked Beans, Coleslaw & Salad Chipped Potatoes & Baked Potato Strawberry Yoghurt & Chopped Fruit
<b>20<sup>th</sup> October</b>	Oven-baked Fish Fingers  Sweetcorn Chipped Potatoes & Steamed Fluffy Rice  Apple and Winter Berry Crumble & Custard	Beef Bolognese Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges & Pasta Spirals  Strawberry Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Garden Peas & Baton Carrots Steamed Rice & Mashed Potatoes Homemade Chocolate Brownie & Custard	Roast Gammon with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes  Popcorn Biscuit & Melon Wedge	Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce Mini Corn on the Cob & Baked Beans Chipped Potatoes & Baked Potato Frozen Fruit Smoothie & Fruit Tub

**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**

**EAT SMART WITH** ***THE LUNCH BUNCH***

**MENUS MAY CHANGE  
DUE TO DELIVERY CHANGES**