

Rollesby Primary School

Autumn Term Menu 2023

Day	WEEK ONE W/C 04/09, 25/09, 16/10, 13/11 & 04/12	WEEK TWO W/C 11/09, 02/10, 30/10, 20/11 & 11/12	WEEK THREE W/C 18/09, 09/10, 06/11, 27/11 & 18/12	Packed Lunch	Jacket Potato
Monday	Cheese & Tomato Pizza With waffles and spaghetti hoops Rice Krispie Bar	Cheese & tomato pasta with Sweetcorn & pea mix and wholemeal bread Frozen Strawberry yogurt or ice cream tub	Cheese & bacon macaroni or macaroni cheese with broccoli & a French stick slice Raspberry crumble & ice cream	Cheese French stick, cucumber slices, rice krispie bar & a box of raisins	Cheese
Tuesday	Beef stew Or Cheese triangle with fresh vegetables & mashed potato Chocolate Oatcake	Chicken Chunks Or Quorn Nuggets with noodles, sweet & sour sauce and vegetable stir fry Raspberry Flapjack	Chicken curry with rice Or Veggie curry with rice sweetcorn & naan bread Krackolet	Crackers and a cheese triangle, carrot sticks, chocolate oatcake & apple slices	Tuna & Salad Cream
Wednesday	Meatballs or Quorn meatballs in a tomato sauce with pasta, sweetcorn & garlic bread Meringue with cream & fruit	Chilli con carne Or Veggie chilli con carne With steamed rice & sweetcorn Chocolate crunch	Sausage roll or cheese flan with smiley faces, baked beans & cucumber slices Chocolate sponge pudding & chocolate custard	Sausage wrap, bread sticks, cherry tomatoes, shortbread & melon cubes	Cheese & Beans
Thursday	Breakfast sausage Or vegetarian sausage with omelette, hash brown & beans Iced Sponge Cake	Sausage or Vegetarian Sausage with a Yorkshire Pudding, mash, peas, carrots & gravy Jelly & ice cream	Bolognese Or quorn bolognese with pasta, garlic bread & sweetcorn Toffee Tart	Cheese and tomato pasta pots, nutri-grain cereal bag, an iced sponge cake & grapes	Ham & Coleslaw
Friday	Chicken nuggets Or quorn nuggets with chips & spaghetti hoops ice cream tub	Fish Fingers Or Veggie Fingers with chips & beans Shortbread Biscuit	Chicken nuggets Or Cheese wheel with chips, peas & salad Oaty Bar	Ham sandwich, cucumber sticks, chocolate crunch biscuit & a piece of fruit	Cheese & Beans

N.B. Please note that these menus are subject to change due to availability.