

Primary Menu Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Oriental Chicken & Vegetable Stir fry	Homemade Chicken Meatballs & Tomato Sauce	Fish Fingers	Salt Beef	Beef Burger with Lettuce & Tomato
Vegetarian Main Course	Chinese Style Vegetarian & Crispy Vegetable Stir Fry(v)	Sweetcorn Fritters with a Tomato sauce (v)	Stuffed Baked Courgettes (v)	Spicy Bean, Vegetarian Strips & Vegetable Goulash (v)	Vegetarian Burger with Lettuce & Tomato (v)
Sides	Noodles Cauliflower Florets Broccoli Florets	Garlic Bread, Penne Pasta, Green Beans, Carrots	Chips, Peas, Baked Beans	Brown & white Boiled Rice, Israeli Salad, Tomato Wedges	Challah Roll, Sweetcorn, Coleslaw, Sweet Potato Wedges,
Food Bar	• Whole meal Pasta Bar • Salad Bar with a variety of different vegetables and crudité's • Jacket Potato Bar • Sandwiches with a selection of fillings: tuna mayonnaise, egg mayonnaise, Roast Turkey Slice, Chicken Mayo				
Dessert	Apple Crumble & Custard, Orange Wedges	Fresh Fruit Salad, Fresh Fruit	Beetroot Brownie, Fresh Fruit Selection	Chocolate Marble Cookies, Watermelon Wedges	Apple & Raisin Flapjack
Soup (Y3 upwards) Monday & Wednesday, Thursday	Carrot & Coriander Soup	Chunky Vegetable Soup	Classic Minestrone Soup	Leek & Potato Soup	Tomato Soup
Available Daily Whole meal and white bread Products available daily					

Allergen information is available. Please request it from the catering staff.

Some items of the menu are subject to change.



Primary Menu Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Classic Spaghetti Bolognese	Breaded Escalope of Chicken	Fish Fingers	Classic Cottage Pie	Chicken Soup
Vegetarian Main Course	Mushroom, Spinach & Butterbean Stroganoff (V)	Mediterranean Vegetable Lasagne (V)	Peppers Stuffed with Spiced Savoury Rice (V)	Vegetarian Mince & Spring Vegetable Cottage Pie (V)	Slices of Vegetarian Salami (V)
Sides	Garlic Bread, Sweetcorn, Lettuce Leaves	Baked Mini Potatoes, Broccoli, Ratatouille	Chips, Peas, Tomato Wedges	Green Beans, New Potatoes, Mixed Salad Leaves	Lemon Rice, Israeli Salad, Coleslaw
Food Bar	• Whole meal Pasta Bar • Salad Bar with a variety of different vegetables and crudités • Jacket Potato Bar • Sandwiches with a selection of fillings: tuna mayonnaise, egg mayonnaise, Roast Turkey Slice, Chicken Mayo				
Dessert	Pear Wedges, Chocolate Mousse	Fruit Salad	Fresh Fruit, Marble Cake	Berry Jelly, Fresh Fruit	Fresh Fruit, Homemade Shortbread Biscuits
Soup (Y3 upwards) Monday & Wednesday, Thursday	Butternut Squash and Chickpea Soup	Chunky Summer Vegetable Soup	Carrot Soup	Tomato Soup	Parsnip Soup
Available Daily Whole meal and white bread Products available daily					

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WINTER MENU- WEEK THREE

ROSH PINAH PRIMARY SCHOOL

Autumn / Winter 2021



Primary Menu Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	A Rich Minced Beef & Summer Style Vegetable Stew	Sweet and Sour Chicken	Fish finger or Tuna Fishcakes with Lemon Mayonnaise	Beef Meatballs and Spaghetti	BBQ Chicken Drumstick
Vegetarian Main Course	Carrot & Coriander Falafel with Mint Yoghurt Dip (V)	Rainbow Frittata (V)	Leek & Onion Crumble (V)	Chickpea & Lentil Dhal with Lemon Boiled Rice (V)	Crispy Vegetarian Nuggets (V)
Sides	Mashed Potatoes, Crudites, Green Beans	Brown & White Boiled Rice, Mixed Salad Leaves, Sweetcorn	Chips, Homemade Coleslaw, Mixed Lettuce	Garlic Bread Slice, Side Salad, Tomato Wedges	Peas, Toasted Pitta Breads, Herby Grilled Mushrooms,
Food Bar	<ul style="list-style-type: none"> Whole meal Pasta Bar Salad Bar with a variety of different vegetables and crudités Jacket Potato Bar Sandwiches with a selection of fillings: tuna mayonnaise, egg mayonnaise, Roast Turkey Slice, Chicken Mayo 				
Dessert	Strawberry Mousse, Fresh Fruit	Lemon & Lime Sponge, Custard Sauce	Orange Wedges, Fresh Fruit	Pear Wedges, Chocolate Sponge & Custard	Fruit jelly, Fresh Fruit
Soup (Y3 upwards) Monday & Wednesday, Thursday	Lentil Soup	Chunky Bean Soup	Vegetable Soup	Chicken & Pearl Barley Soup	Creamy Sweetcorn Soup
Available Daily Whole meal and white bread Products available daily					

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