

ROYDON SCHOOL HOT LUNCH MENU AUTUMN 2018

Week One - 3/9/18, 24/9/18, 15/10/18, 12/11/18, 3/12/18

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy chicken chunks Rice Stir fry veg Garlic bread Sweet chilli sauce	Butcher's best chipolatas Yorkshire pudding Creamy mashed potato Mixed veg gravy	Roast chicken breast Sage & onion stuffing Crispy roast potatoes Seasonal veg Gravy	Smoked bacon rasher Hash browns Scrambled egg Baked beans Tomato Mushrooms	Fish fingers (Bird's Eye Omega 3) Homemade chips Baked beans
Quorn nuggets & as above	Vegetarian sausage & as above	Quorn fillet & as above	Vegetarian sausage & as above	Jacket potato with cheese



Puddings!
Selection of homemade cakes & biscuits
Changing daily

Also available for anyone to buy for 40p

Week Two - 10/9/18, 1/10/18, 29/10/18, 19/11/18, 10/12/18

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni cheese Peas Garlic bread	Chicken casserole Fluffy cobbler Rice Peas	Roast beef Yorkshire pudding Crispy roast potatoes Seasonal veg Horseradish sauce Gravy	Fish fingers New potatoes Peas Wholemeal bread Tartare sauce	100% breast of chicken chunks Homemade chips Baked beans
As above	Quorn casserole & as above	Quorn Fillet & as above	Vegetarian Sausage & as above	Jacket Potato with Cheese

Week Three - 17/9/18, 8/10/18, 5/11/18, 26/11/18, 17/12/18

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & tomato pizza Baked jacket wedges Baked beans	Chicken & chorizo ragu Pasta Sweetcorn Garlic bread	Roast loin of pork Sage & onion stuffing Crispy roast potatoes Seasonal veg gravy Apple sauce	Homemade Chilli con carne Wholegrain rice Crisp green salad Sprinkling of nachos	Fish fingers (Bird's Eye Omega 3) Homemade chips Baked beans
As above	Crispy crumbed vegetarian burger	Quorn fillet & as above	Quorn Chilli & as above	Jacket potato with cheese

£2.30
Per Child



LUNCH MENU AUTUMN 2018

COLD LUNCH MENU

- Monday:** Four Cheese Quiche
- Tuesday:** Chicken and Sweetcorn Pasta
- Wednesday:** Cheese Muffin
- Thursday:** Jacket Potato with Tuna
- Friday:** Salmon and Pasta

Add any 5 items from the salad bar, for example:

Salad leaves/lettuce, cherry tomatoes, tomatoes, cucumber, peppers, homemade coleslaw, homemade potato salad, beetroot, grated carrots, cous cous, sweetcorn.

PACKED LUNCH MENU

- Monday:** Tuna and Sweetcorn Wrap
- Tuesday:** Mature Cheddar Cheese served on Wholemeal Bread
- Wednesday:** Pitta Pocket with Chicken Mayo
- Thursday:** Norfolk Ham Sandwich served on White Bread
- Friday:** Egg Mayo Baguette

Plus:

A yoghurt, piece of fruit, a homemade cake or biscuit and a 100% pure fruit juice.



We are very proud to be able to say that all of the food served from Roydon's kitchen is not only fresh, but is also sourced locally. This makes our meals super-nutritious, AND helps the environment by reducing our carbon footprint.

Birthday Parties

Your child can celebrate their birthday at school with their very own party. Choose from a selection of hot or cold party food - cake and balloons are included!

Please ask at the office for details.

