

# 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.

