

ROYDON SCHOOL HOT LUNCH MENU SPRING/SUMMER 2021



Week One - 8.3.21, 12.4.21, 3.5.21, 24.5.21, 21.6.21, 12.7.21

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| Fish fingers (Birds Eye Omega 3) Baked jacket wedges Peas Chocolate pudding & chocolate sauce | Pasta Bolognaise Mixed salad Garlic bread Strawberry jelly topped with angel delight | Roast pork Sage & onion stuffing Roast potatoes Carrots Peas Gravy & Apple sauce Pear crumble & custard | Mild korma chicken curry Wholegrain rice Peas Naan bread Oaty apple crunch & Ice cream | Chicken chunks Homemade chips Baked beans Cook's choice |
| Vegetable burger | Vegetarian bolognaise | Quorn fillet | Vegetarian curry | Jacket potato cheese/beans |

Week Three - 22.3.21, 26.4.21, 17.5.21, 14.6.21, 5.7.21,

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Cheese & tomato pizza Herby diced potatoes Baked beans Pears & Ice cream | Chicken chunks Rice Stir fry veg Garlic bread Sweet & sour sauce Apple & blackberry crumble | Roast beef Yorkshire pudding Roast potatoes Carrots Peas Gravy Horseradish sauce Orange jelly with mandarin segments | Hunters chicken ½ jacket potato Corn on cob Granary baguette Rice pudding & jam | Fish fingers (Bird's Eye Omega 3) Homemade chips Baked beans Cook's choice |
| As above | Sweet & sour quorn chunks | Quorn fillet | Hunter's quorn | Jacket potato cheese/beans |

Week Two - 15.3.21, 19.4.21, 10.5.21, 7.6.21, 28.6.21, 19.7.21

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Macaroni cheese Peas Garlic bread Crushed meringue with forest of fruits berries & Greek yoghurt | Norfolk sausage tomato pasta Corn on the cob Granary baguette Apple pie & custard | Roast chicken Sage & onion stuffing Roast potatoes Carrots Peas Gravy Pear & raspberry oaty crumble with custard | Savoury minced beef in a rich gravy Rice Broccoli Sweetcorn Peaches & Ice cream | Fish fingers (Birds Eye Omega 3) Homemade chips Baked beans Cook's choice |
| As above | Quorn sausage | Quorn fillet | Savoury quorn mince | Jacket potato cheese/beans |



LUNCH MENU SPRING/SUMMER 2021

COLD LUNCH MENU

- Monday:** Homemade cheese and tomato quiche
- Tuesday:** Chicken, Sweetcorn and mayonnaise pasta
- Wednesday:** Norfolk ham with French stick
- Thursday:** Jacket potato with tuna
- Friday:** Salmon and pasta

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

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

PACKED LUNCH MENU

- Monday:** Tuna and cucumber baguette
- Tuesday:** Cheese sandwich served on wholemeal bread
- Wednesday:** Egg mayonnaise roll
- Thursday:** Ham sandwich served on white bread
- Friday:** Cheese & tomato wrap
- Plus:**
A yoghurt, piece of fruit, carrot/cucumber/celery/pepper batons 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.

