

Spring/ Summer Menu 2023 RBWM

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 04/09/23 02/10/23	Option 1	Cheese & Tomato Pizza with Wedges 	Beef Lasagne with Garlic Bread 	Roast of the Day, Roast Potatoes & Gravy	Quirky Bird BBQ Chicken or Vegan Quorn with Jollof Rice & Salads 	Fishfingers with Chips & Tomato Sauce
	Option 2	Crunchy Topped Vegetable Bake with New Potatoes 	Wholemeal Vegetable Pasta Bake  	NEW Sweet Potato & Spinach Flan with Roast Potatoes		Mexican Bean Roll with Chips & Tomato Sauce 
	Vegetables	Mixed Salad Coleslaw	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
	Dessert	NEW Syrup Snap Biscuit 	Fruit Jelly with Mandarins 	Freshly Chopped Fruit Salad 	Iced Vanilla Sponge	Oaty Cookie  
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two 11/09/23 09/10/23	Option 1	Mac and Cheese Concept 	Pork Sausage Hot Dog with Potato Wedges	Minced Beef & Onion Pie with Roast Potatoes 	Chef's Special Chicken Korma with Rice   	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Vegan Sausage Hot Dog with Potato Wedges 	Potato and Courgette Layer Bake	Vegetable Wellington with New Potatoes & Gravy 	NEW BEET Burger with Chips & Tomato Sauce 
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
	Dessert	Summer Lemon Cake	Chocolate Shortbread 	Fruit Medley 	Peach Crumble with Cream 	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						
Week three 18/09/23 16/10/23	Option 1	NEW Chinese Vegetable Noodles	Spaghetti Bolognaise 	Roast of the Day, Roast Potatoes, Stuffing & Gravy	Greek Concept meal NEW Greek Chicken Pita with Seasoned Wedges or or NEW Spinach & Cheese Parcel with Seasoned Wedges	Fishfingers with Chips & Tomato Sauce
	Option 2	Lentil & Sweet Potato Curry with Rice  	Vegan Spaghetti Bolognaise 	Vegan Quorn with Stuffing, Roast Potatoes & Gravy 		Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Fresh Salad Rainbow Slaw	Peas Baked Beans
	Dessert	Peaches with Ice Cream	Carrot & Courgette Cake	Fruit Platter 	Apple Flapjack  	NEW Cornflake Tart 
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.