

ALLERGY INFORMATION: If your child has an allergy or intolerance 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.

Rowlatts Hill Primary
Academy Summer Menu 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Spaghetti Bolognese Pork	Sausages with Baked Potato Wedges and Gravy	Roast Turkey with Roast New Potatoes & Gravy	Chicken and Bean Fajitas with Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
	Vegetarian	Wholemeal Pasta Neapolitan with Spinach	Quorn Sausages with Baked Potato Wedges and Gravy	Creamy Vegetable Pie with Roast Potatoes & Gravy	Mixed Bean Cassoulet with Rice	Cheese and Pepper Whirl with Chips
	Vegetables	Carrots Garden Peas	Sweetcorn Green Beans	Fresh Mixed Seasonal Vegetables	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Platter	Iced Sponge Yoghurt Fresh Fruit Salad	Fruit and Yoghurt Station
Week 2	Main	Chicken Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Pork with Roast Potatoes & Gravy	Pork Lasagne with Garlic Bread	MSC Fish Fingers, Chips, Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas with 50/50 Rice	Vegetable Pasty with Chips
	Vegetables	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Fresh Mixed Seasonal Vegetables	Broccoli Sweet corn	Baked Beans Garden Peas
	Dessert	Chocolate and Banana Square Yoghurt Fresh Fruit Salad	Lemon Drizzle Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station
Week 3	Main	Wholemeal Chicken and Red Pepper Pizza with New Potatoes	Pork Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala with Rice & Curry Bread	MSC Fish Fingers, Chips, Tomato Sauce
	Vegetarian	Wholemeal Cheese and Tomato Pizza with New Potatoes	Chickpea Aloo Chat with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Lentil and Sweet Potato Curry with Rice & Curry Bread	Red Pepper and Cheese Frittata with Chips
	Vegetables	Sliced Carrots & Green Beans	Sweetcorn Tomato Salad	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	Dessert	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station