

Rowlatts Mead Primary Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 26 th October 16 th November 7 th December	Pork Burger Quorn Burger Carrot and Cucumber Sticks Apple and Raisin Flapjack	Chicken and Fajitas Roast Veg Fajita Satsuma Chocolate Cookie	Ham or Cheese Stuffed Jacket Plain Raisins Jelly Pot	Cornish Pasty Vegan Sausage Roll Cherry Tomatoes Vanilla Shortbread	Fish Finger Wrap Cheese and Tomato Wrap Pepper Sticks Lemon Drizzle Slice
Week 2 2 nd November 23 rd November 14 th December	Cheese and Tomato Pizza Cucumber Sticks Fruity Shortbread	BBQ Chicken Wrap BBQ Quorn Wrap Apple Chocolate and Banana Oaty Square	Sausage Plait Cheese Flan Grape Pot Iced Sponge	Lemon Turkey Stuffed Pitta Bread Lemon Quorn Stuffed Wrap Carrot Sticks Mandarin and Cinnamon Cake	Fish Finger Baguette Cheese Panini Banana Yoghurt and Raisin Cake
Week 3 9 th November 30 th November 21 st December	Pork Sausage Hot Dog Quorn Hot Dog Melon Wedge Chocolate and Beetroot Brownie	Cheese and Tomato Quiche Carrot and Cucumber Sticks Apple Sponge	Cheese Whirl Pepper Sticks Orange and Cinnamon Cookie	BBQ Pulled Chicken Burger Quorn Burger Plain Raisins Vanilla Shortbread	Fish Finger Bap Toasted Cheese and Tomato Bap Satsuma Chocolate Apple Sponge