

Spring & Summer Menu. Roundswell Community Primary Academy
 Week Two – 2 May/ 6 June/ 4 July

Day	Main lunch option	Vegetarian option	Potato/pasta Rice/bread Vegetable/salad	Jacket potato filling	Wrap (C) filling Served with salad and plain crisps	Dessert
Monday	Breaded Chicken (c)	Breaded Vegan Quorn (c)	Garlic & herb potato wedges Diced Mixed salad Baked beans	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Fresh fruit
Tuesday	Pork Meatballs (c) in tomato sauce	Vegan meatless balls (c) in tomato sauce	Pasta (c) Broccoli Garden peas	Tuna (f) Cheese (m) Baked beans	Tuna (f) Hummus (sm) Cheese (m) Vegan cheese	Fruit Yogurt (m) Soya Dessert (sy)
Wednesday	Roast Turkey in gravy (c, cy)	Vegan Quorn Fillet In gravy (c,cy)	Roast Potatoes Diced Carrots Cauliflower	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Strawberry Mousse (m) Vegan ice cream
Thursday	Beefburger (c)	Vegan Burger (c)	Crispy diced potatoes Mixed salad Baked beans	Tuna (f) Cheese (m) Baked beans	Tuna (f) Hummus (sm) Cheese (m) Vegan cheese	Mini Chocolate Eclair (c,e,m) Or Fruit & Biscuit (c)
Friday	Cod Bites (f, c)	Vegan veggie nuggets (c)	Chips Garden peas Baked beans	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Arctic roll (c,m) Vegan ice cream

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C = Gluten or wheat

M = Milk

Sy = Soya

Cy= Celery

F = Fish

E = Eggs

All cakes and biscuits are suitable for dairy free and vegetarian diets. Home made egg free cakes are also substituted for children with an egg intolerance or allergy.