

Spring & Summer Menu. Roundswell Community Primary Academy  
 Week Three – 9 May / 13 June / 11 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	Sweet & Sour Chicken With prawn crackers (sf, crs)	Sweet & Sour Vegan Quorn (c)	Long grain rice Broccoli	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Fresh fruit & Biscuit (c)
Tuesday	Beef Bolognese (c)	Vegan Bolognese (c)	Spaghetti (c) Garlic Bread Garden peas	Tuna (f) Cheese (m) Baked beans	Tuna (f) Hummus (sm) Cheese (m) Vegan cheese	Fruit Jelly
Wednesday	Sausage Roll (c,m,e) Egg free sausage roll (c)	Cheese & Onion roll (m,c,e) or Vegan Sausage Roll (c)	Mashed Potatoes Spaghetti Hoops (c) Sweetcorn	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Chocolate Marble Cake (c,e) Vegan Cupcake (c)
Thursday	Roast Chicken Stuffing (c) Gravy (c,cy)	Vegan Quorn Fillet (c) Stuffing (c) Gravy (c,cy)	Roast potatoes Broccoli Diced Carrots	Tuna (f) Cheese (m) Baked beans	Cheese (m) Tuna (f) Hummus (sm) Vegan cheese	Fruit Yogurt (m)  Or Fruit & Biscuit (c)
Friday	Fish Fingers (f, c)	Vegan Vegetable Fingers (c)	Chips Garden peas Baked beans	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Shortbread (c)

☆☆☆☆☆ ALLERGEN KEY ☆☆☆☆☆

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.