

Spring & Summer Menu. Roundswell Community Primary Academy
 Week Four – 16 May/ 20 June/ 18 July

Day	Main lunch option	Vegetarian option	Potato/pasta Rice/bread	Jacket potato filling	Wrap (C) filling Served with salad and plain crisps	Dessert
Monday	Roast Gammon Gravy (c,cy)	Vegan Quorn Fillet (c) Gravy (c,cy)	Roast Potatoes Garden Peas Cauliflower	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan cheese	Ginger Biscuit (c) Fresh Melon
Tuesday	Tomato & Basil Pasta (c)	Tomato & Basil Pasta (c)	Garlic Bread (c) Broccoli	Tuna (f) Cheese (m) Baked beans	Tuna (f) Hummus (sm) Cheese (m) Vegan cheese	Jam Doughnut (c)
Wednesday	Pork Sausage (c)	Vegan Sausage (c)	Crispy diced potatoes Garden Peas Spaghetti Hoops (c)	Tuna (f) Cheese (m) Baked beans	Ham Cheese (m) Tuna (f) Vegan Cheese	Fruit Yogurt (m) Or Fresh Fruit Soya dessert (sy)
Thursday	Chicken Korma	Vegetable Korma	Long Grain Rice Diced Mixed Salad	Tuna (f) Cheese (m) Baked beans	Cheese (m) Tuna (f) Hummus (sm) Vegan cheese	Rocky Road Or Vegan biscuit cake.
Friday	Haddock Goujons (f, c, Cr)	Mozzarella Sticks (m,c) Vegan veggie nuggets (c)	Chips	Baked beans Tuna (f) Cheese (m)	Cheese (m) Tuna (f) Ham Vegan cheese	Fresh Fruit

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C = Gluten or wheat

M = Milk

Sy = Soya

Cy= Celery

F = Fish

E = Eggs

Cr = Crustaceans

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.