



Roundswell Community Primary Academy
Autumn/Spring Term Menu 2022/2023

Week 1 commencing: 5/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1	Main option	Vegetarian	Wrap	Jacket potato	Pudding
Monday	Mac n cheese Sweet corn Broccoli	Mac n cheese Sweet corn Broccoli	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Fresh fruit platter Fruit yogurt
Tuesday	Breaded Chicken Mashed potatoes Garden peas Baked beans	Breaded Vegetable nuggets Mashed potatoes Garden peas Baked beans	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade choc chip shortbread Fruit yogurt Fresh fruit
Wednesday	Roast chicken Roast potatoes Carrots Broccoli Gravy	Vegetarian Roast Roast potatoes Carrots Broccoli Gravy	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade Apple crumble with custard Fruit yogurt Fresh fruit
Thursday	Cottage Pie Cauliflower Garden peas	Vegetable pie Cauliflower Garden peas	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade Orange sponge cake Fresh fruit Fruit yogurt
Friday	Fish fingers Chips Baked beans Garden peas	Vegetable fingers Chips Baked beans Garden peas	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Vanilla ice cream Fruit yogurt Fresh fruit



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Week 2 commencing: 12/9, 3/10, 31/10, 21/11, 12/12, 16/1, 6/2	Main option	Vegetarian	Wrap	Jacket potato	Pudding
Monday	Veggie balls in gravy Boiled potatoes Broccoli Sweetcorn	Veggie balls in gravy Boiled potatoes Broccoli Sweetcorn	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Peaches and custard Fresh fruit Fruit yogurt
Tuesday	Sausage casserole Mashed potatoes Cauliflower	Vegan sausage casserole Mashed potatoes Cauliflower	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade Iced lemon sponge Fresh fruit Fruit yogurt
Wednesday	Roast Ham Roast potatoes Fresh carrots Broccoli	Roast Quorn Roast potatoes Fresh carrots Broccoli	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade strawberry shortbread Fresh fruit Fruit yogurt
Thursday	Mild bean chilli Rice Tortilla chips Diced salad	Mild bean chilli Rice Tortilla chips Diced salad	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade Trifle Fresh fruit Fruit yogurt
Friday	Cod bites Chips Garden peas Baked beans	Vegetable fingers Chips Garden peas Baked beans	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Mini gingerbread biscuits Fresh fruit Fruit yogurt



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Week 3 Commencing: 19/9, 10/10, 7/11, 28/11, 2/1, 23/1	Main option	Vegetarian	Wrap	Jacket potato	Pudding
Monday	Homemade Roasted vegetable lasagne Cucumber, carrot and pepper Garlic bread	Homemade Roasted vegetable lasagne Cucumber, carrot and pepper. Garlic bread	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Chocolate Mousse Fresh fruit Fruit yogurt
Tuesday	Beef burger in a roll Sweetcorn Spaghetti Hoops	Breaded veggie burger Sweetcorn Spaghetti hoops	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade Steamed Sultana sponge & custard Fresh fruit Fruit yogurt
Wednesday	Roast chicken Roast potatoes Garden peas Broccoli	Roast chicken Roast potatoes Garden peas Broccoli	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Fresh fruit platter Fruit yogurt
Thursday	Homemade Chicken and vegetable curry Rice Mixed vegetables	Homemade Quorn and vegetable curry Rice Mixed vegetables	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade scones with jam Fresh fruit Fruit yogurt
Friday	Fishcake Chips Garden peas Baked beans	Vegetable nuggets Chips Garden peas Baked beans	Tuna Cheese Ham Vegan cheese	Tuna Baked beans Cheese Ham Vegan cheese	Homemade iced vanilla sponge cake Fresh fruit Fruit yogurt