

WEEK 1

Week Commencing:

16/04/18, 07/05/18, 04/06/18, 25/06/18, 16/07/18

MONDAY

- Main Option 1:** Turkey Strips in Pitta Pockets with Superhero Slaw and Sauces
Main Option 2: Vegetarian Toad in the Hole with Gravy
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Cheese Portion & Raisins
Vegetables: Diced Potatoes, Carrots & Peas
Puddings: Summer Berry Flapjack or Peaches & Ice Cream

TUESDAY

- Main Option 1:** Lamb Rogan Josh Curry with Green Pea Rice and Naan Bread
Main Option 2: Sweet Potato Base "Pizza" topped with Cheese, Tomato & Olives
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Cheese Portion & Raisins
Vegetables: Jacket Wedges, Peas, Baked Beans
Puddings: Secret Ingredient Chocolate Cake or Fruity Jelly

WEDNESDAY

- Main Option 1:** Roast Ham with Stuffing and Gravy
Main Option 2: Quiche Lorraine or Cheese & Onion Quiche
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Cheese Portion & Raisins
Vegetables: Roast Potatoes, Carrots & Spring Greens
Puddings: Fresh Fruit Cones or Iced Fingers

THURSDAY

- Main Option 1:** Chicken Stir-Fry with Noodles
Main Option 2: Cheddar Cheese Ploughmans
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Cheese Portion & Raisins
Vegetables: Buttered New Potatoes, Broccoli, Carrots
Puddings: Hot Chocolate Fudge Cake or Topped Yoghurts

FRIDAY

- Main Option 1:** Breaded Salmon or Cod Fish Fingers with Homemade Tomato Ketchup
Main Option 2: All Day Breakfast - Quorn Sausages or Pork Sausage & Bacon, Scrambled Egg, Tomato & Beans
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Cheese Portion & Raisins
Vegetables: Oven Baked Chips Peas, Baked Beans
Puddings: Vanilla Chip Shortbread or Exotic Fruit Salad

WEEK 2

Week Commencing:

23/04/18, 14/05/18, 11/06/18, 02/07/18

MONDAY

- Main Option 1:** Traditional Beef Bolognese with Spaghetti
Main Option 2: Cauliflower & Broccoli Bake
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Potato Salad
Vegetables: Garlic Bread, Mixed Salad, Steamed Peas
Puddings: Banana Cupcakes or Ice Cream Tubs

TUESDAY

- Main Option 1:** Sliced Gammon with New Potatoes and Parsley Sauce
Main Option 2: Baked Macaroni Cheese
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Potato Salad
Vegetables: Sweetcorn, Green Beans
Puddings: Homemade Cookies or Strawberry Jelly

WEDNESDAY

- Main Option 1:** Roast Beef with Yorkshire Pudding and Gravy
Main Option 2: Pork or Quorn Sausage Hot Dogs
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Potato Salad
Vegetables: Roast Potatoes, Carrots & Spring Greens
Puddings: Chocolate Biscuits or Fruit 'Pizza'

THURSDAY

- Main Option 1:** Mild Cajun Chicken Kebab served with Rainbow Veg and Homemade Tomato Sauce
Main Option 2: Onion & Tomato Pinwheels with Tomato Sauce
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Potato Salad
Vegetables: Diced Potatoes, Mini Corn on the Cob, Peas
Puddings: Iced School Sponge with Custard or Cheese & Biscuits

FRIDAY

- Main Option 1:** Fish 'n' Chips with Lemon Mayonnaise or Ketchup
Main Option 2: Mediterranean Vegetable & Quorn Pasta with Homemade Bread
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Potato Salad
Vegetables: Oven Baked Chips Peas, Baked Beans
Puddings: Banana Splits with Yoghurt & Berries or Homemade Custard Cremes

WEEK 3

Week Commencing:

30/04/18, 21/05/18, 18/06/18, 09/07/18

MONDAY

- Main Option 1:** Pork Sausages with Mash & Gravy
Main Option 2: Potato, Red Pepper and Onion Puff Pastry Plait
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Vegsticks & Breadsticks
Vegetables: Peas & Sweetcorn, BBQ Beans
Puddings: Chocolate Crispy Cakes or Fruit Salad

TUESDAY

- Main Option 1:** Chicken Tikka Wrap with Potato Salad, Tomato & Cucumber
Main Option 2: Vegetable Lasagne & Garlic Bread
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Vegsticks & Breadsticks
Vegetables: Mixed Salad, Baked Beans
Puddings: Zesty Lemon Drizzle Cake or Fruity Jelly

WEDNESDAY

- Main Option 1:** Roast Turkey Breast with Sage & Onion Stuffing and Gravy
Main Option 2: Quorn & Mixed Pepper Sweet 'n' Sour with Egg 'Fried' Rice
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Vegsticks & Breadsticks
Vegetables: Roast Potatoes, Carrots & Broccoli
Puddings: Jam & Coconut Sponge & Custard or Banana Brûlée

THURSDAY

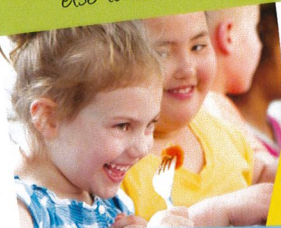
- Main Option 1:** Homemade Beef Meatballs & Tomato Sauce with Rice or Pasta
Main Option 2: Margherita Pizza (Tomato & Mozzarella)
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Vegsticks & Breadsticks
Vegetables: Rainbow Veg, Baked Beans, Coleslaw
Puddings: Red Berry Eton Mess or Topped Yoghurts

FRIDAY

- Main Option 1:** Chicken Fillet Burger in a Seeded Bun with Iceberg, Ketchup or Mayo
Main Option 2: Cod Fishcakes with Lemon Mayonnaise or Ketchup
Jacket Potato: Jacket Potato with Choice of Fillings
Sandwich: Ham, Cheese or Tuna Sandwich or Roll with Vegsticks & Breadsticks
Vegetables: Oven Baked Potato Wedges Sweetcorn, Baked Beans
Puddings: Apple & Cherry Crumble or Ice Lollies

From January 2018 T(n)S Catering Management are catering for the pupils and staff at Rowley Park Primary Academy, providing a high quality catering service, using fresh food from local suppliers, all cooked on site.

There is a sandwich option available every day as well as two main choices and daily jacket potatoes, so if your child doesn't like what's on the hot menu there's always something else to choose from.



If your child has an allergy we are happy to meet with you to ensure we provide a daily menu that meets their needs.

Cooking on site we have full control of what goes into our school meals, and using our 'health by stealth' ethos, we strive to get as many nutrients into our food as possible.

We have regular interactive theme days where the children can win prizes!

Did you know?

All pupils up to and including Year 2 are entitled to a FREE SCHOOL MEAL! This is worth £408 a year for each child.



There is a choice of drinks, puddings, fresh fruit and home-cultivated yoghurt every day, and all pupils dining are able to help themselves to our daily salad bar.

So why not support school lunches at Rowley Park Primary Academy

We will be running regular interactive

THEME DAYS

keep an eye out for these over the coming months...

CALENDAR OF EVENTS

APRIL

Menu Writing Competition

MAY

National Herb Week

JUNE

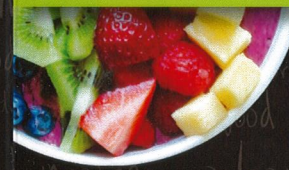
Picnic Party

JULY

Summer BBQ Theme

Our Smoothie bike will also be visiting the school so keep your eyes peeled for upcoming dates!

SUMMER MENU 2018



t(n)s

CATERING FOR YOUR CHILDREN



...about food and so much more



www.tnscatering.co.uk



Rowley Park
Primary Academy