

TNS are proud to be catering for the children and staff at Rowley Park 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.



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.

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.

There is a choice of drinks, puddings, fresh fruit and home-cultivated yoghurt every day. All pupils dining have the option of additional salad items to accompany their meal.

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

So why not support school lunches at Rowley Park Academy

We will be running regular interactive **THEME DAYS** keep an eye out for these over the coming months...

CALENDAR OF EVENTS

NOVEMBER

Bonfire Night

DECEMBER

Festive Fancies

JANUARY

Out of this World

FEBRUARY

Pancake Day

MARCH

World Book Day



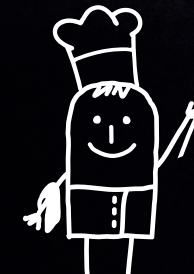
AUTUMN MENU 2020



CATERING FOR YOUR CHILDREN



...about food and so much more



www.tnscatering.co.uk



Rowley Park
Primary Academy

WEEK 1

MONDAY

- Main Option 1:** Spaghetti Bolognaise
Main Option 2: Quorn Bolognaise
Jacket Potato: Cheese and beans Jacket
Vegetables: Spaghetti and Garlic Bread Greens Beans or Mixed Veg
Sandwich: Cheese, Ham, Turkey and Tuna Sandwiches
Puddings: Jam Turnovers with custard, Fruity Cones Or Fruit and Yogurt

TUESDAY

- Main Option 1:** Pork Sausage
Main Option 2: Fishcake served with Parsley sauce
Jacket Potato: Jacket Potatoes with Assorted Fillings
Vegetables: Creamed Potatoes with Peas or Sweetcorn
Sandwich: Cheese, Ham, Turkey and Tuna Sandwiches
Puddings: Apple and Blackberry Crumble with Custard, Cheese and Biscuits or Fruit and Yogurt

WEDNESDAY

- Main Option 1:** Roast Chicken with Yorkshire Puddings
Main Option 2: Quorn Roast with Yorkshire Puddings
Jacket Potato: Jacket Potatoes with Assorted Fillings
Vegetables: Crispy Roast and New Potatoes Cabbage and Carrots
Sandwich: Cheese, Ham, Turkey or Tuna Sandwiches
Puddings: Rice Pudding with Strawberry Sauce, Chocolate Biscuits or Fruit and Yogurt

THURSDAY

- Main Option 1:** Lasagne with Garlic bread
Main Option 2: Cheese and Tomato Pizza
Jacket Potato: Jackets with Assorted Fillings
Vegetables: Pasta Salad or Crispy Diced Potatoes with Corn on the Cob or Peas
Sandwich: Cheese, Ham, Turkey or Tuna Baps
Puddings: Marble Cake and Custard, Fruit pizza or Fruit and Yogurt

FRIDAY

- Main Option 1:** Meatball Subs
Main Option 2: Fish
Jacket Potato: Jackets with Cheese and Beans
Vegetables: Chips with Baked Beans or Peas
Sandwich: Cheese, Ham, Turkey or Tuna Sandwiches
Puddings: Chocolate Fudge Cake, Shortcake or Fruit and Yogurt

WEEK 2

MONDAY

- Main Option 1:** Bacon Macaroni Cheese with Garlic Bread
Main Option 2: Cheese and Tomato Pizza
Jacket Potato: Cheese and Beans Jacket Potatoes
Vegetables: Crispy Diced Potatoes with Baked Beans and Peas
Sandwich: Cheese, Ham, Turkey and Tuna Wraps
Puddings: Butterfly Chocolate Cake, Cheese and Crackers or Fruit and Yogurt

TUESDAY

- Main Option 1:** Chicken Tikka Wraps with Egg Fried Rice
Main Option 2: Vegetarian Pasta Bake
Jacket Potato: Jacket Potatoes with Assorted Filling
Vegetables: Green Bean or Corn on the cob
Sandwich: Cheese, Ham, Turkey or Tuna Sandwiches
Puddings: Cherry Flapjack, Fruity Biscuit, or Fruit and Yogurt

WEDNESDAY

- Main Option 1:** Roast Turkey and Stuffing
Main Option 2: Cheese and Onion Quiche
Jacket Potato: Jackets with Assorted Fillings
Vegetables: Creamed and Crispy Roast Potatoes with Broccoli and Carrots
Sandwich: Cheese, Ham, Turkey and Tuna Baps
Puddings: Fruity Boats with Ice-cream, Shortcake or Fruit and Yogurt

THURSDAY

- Main Option 1:** Mild Chilli con Carne
Main Option 2: Quorn Sweet and Sour Chicken
Jacket Potato: Jackets with Assorted Fillings
Vegetables: Fluffy Rice with Peas or Sweetcorn
Sandwich: Cheese, Ham, Turkey and Tuna Sandwiches
Puddings: Coconut Cake, Water melon or fruit and yogurt

FRIDAY

- Main Option 1:** Chicken Nuggets
Main Option 2: Crispy Fish Finger pittas with Cheesy Wedges
Jacket Potato: Jackets with Assorted Fillings
Vegetables: Chips with Spaghetti hoops or Sweetcorn
Sandwich: Cheese, Ham, Turkey or Tuna Wraps
Puddings: Cherry Biscuits, Fruity Cones or Fruit and Yogurt

WEEK 3

MONDAY

- Main Option 1:** Nacho's served with Fluffy Rice
Main Option 2: Macaroni Cheese with Garlic Bread
Jacket Potato: Jackets with Assorted Filling
Vegetables: Mixed Vegetables or Green Beans
Sandwich: Cheese, Ham, Turkey and Tuna Sandwiches
Puddings: Chocolate Crunch with Mint Custard, Fruity Cones or Fruit and Yogurt

TUESDAY

- Main Option 1:** Cheese and Tomato Pizza
Main Option 2: Vegetarian Pasta Bake
Jacket Potato: Jackets with Cheese and Beans
Vegetables: Potato Wedges with Spaghetti hoops or Peas
Sandwich: Cheese, Ham, Turkey or Tuna Wraps
Puddings: Steamed Syrup cake and Custard, Shortcake or fruit and Yogurt

WEDNESDAY

- Main Option 1:** Sausages with a choice of Potato & Gravy
Main Option 2: Quorn Cottage Pie
Jacket Potato: Jackets with Assorted Fillings
Vegetables: Crispy Roast Potatoes, Creamed Potatoes with Cabbage and Carrots
Sandwich: Cheese, Ham, Turkey and Tuna Sandwich
Puddings: Jelly and Ice-cream, Fruity Muffins or Fruit and yogurt

THURSDAY

- Main Option 1:** Turkey Meatballs in a Tomato Sauce with Pasta and Garlic Bread
Main Option 2: Quorn Tikka Wraps Served with Fluffy Rice
Jacket Potato: Cheese and Beans Jacket Potatoes
Vegetables: Broccoli and Sweetcorn
Sandwich: Cheese, Ham, Turkey and Tuna Wraps
Puddings: Lemon Drizzle Cake, Fruit Pizza or Fruit and Yogurt

FRIDAY

- Main Option 1:** All Day Breakfast
Main Option 2: Quorn Hotdogs
Jacket Potato: Jackets with Assorted Fillings
Vegetables: Chips with Baked Beans and Peas
Sandwich: Cheese, Ham, Turkey or Tuna Sandwiches
Puddings: Chocolate sponge served with Chocolate Custard, Fruit or Yogurt