MONDAY Fish Selection	TUESDAY Beef Bolognese or Beef Burger (H)	Roast Gammon or Roast Chicken (H) & Gravy	THURSDAY Chicken Tikka	FRIDAY
Selection		or Roast Chicken (H)		
			Wrap	PIZZA PARTY A selection
Enchiladas (v)	Vegetarian Sausage Roll (v)	Cheese & Potato Pie (v)	Quorn Dippers (v)	of pizza with various toppings
Jacket Potato with Cheese & Coleslaw (v)	Jacket Potato with Cheese & Beans (v)	Jacket Potato with Cheese (v)	Jacket Potato with Cheese & Beans (v)	Jacket Potato with Tuna
Potato Wedges	Pasta or Potato Crunchies	Mashed & Roast Potatoes	Diced Potatoes	Chips
Lemon & Orange Drizzle Cake	Australian Crunch	Cornflake Cake	Toffee Apple Crumble & Custard	Fruity Friday A selection of fruit based desserts
	Orange Drizzle Cake	Orange Drizzle Cake AUstralian Crunch Australian Crunch Australian Australian Crunch	Orange Drizzle Cake Crunch Cornflake Cake Australian Cornflake Cake Cake	Orange Drizzle Cake Adviralidit Crunch Cornlidke Cake Crumble & Custard All SERVED WITH Cornlidke Cake Crumble & Custard A choice of two vegetables, fresh fruit & fruit yoghurts IIII SH

The Rowan School Menu 2025 - 2026

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WEEK						
2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAMMY SWEETCORN	OPTION 1	All Day Breakfast (Halal Chicken Sausages optional)	Mac 'n' Cheese (v)	Roast Chicken or Roast Chicken (H) Gravy & Stuffing	Chicken Tikka Masala	PIZZA PARTY A selection
SAYS 'Enjoy your	OPTION 2	All Day Veggie Breakfast (v)	Fish Finger Bap	Quorn Balls Gravy & Stuffing (v)	Country Veg Bake (v)	of pizza with various toppings
lunch!'	JACKET POTATO BAR	Jacket Potato with Cheese & Coleslaw (v)	Jacket Potato with Cheese & Beans (v)	Jacket Potato with Cheese (v)	Jacket Potato with Cheese & Beans (v)	Jacket Potato with Tuna
	CARBS	Hash Browns	Potato Wedges	Mashed & Roast Potatoes	Rice	Chips
	PUDDING	Banana Cake & Custard	Strawberry Mousse or Shortbread Selection	Waffles with strawberries & toffee sauce	Raspberry & Apple Cake	Fruity Friday A selection of fruit based desserts
	· Halal · Vegetarian	A choice of t	LL SERVED WITI wo vegetables, fresh frui ruit rolls & strips or ice cre	t & fruit yoghurts	servi	IRE FRESH ces dining

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WEEK	5					►.
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAMMY WEETCORN	OPTION 1	Katsu Chicken Steak or Chicken Nuggets (H)	Chicken Taco	Roast Beef or Chicken (H) Gravy & Yorkshire Pudding	Meatballs in Tomato Sauce	PIZZA PARTY A selection
SAYS Enjoy your	OPTION 2	Quorn Ball Sub (v)	French Bread Pizza (v)	Vegetarian Sausage, Gravy & Yorkshire Pudding (v)	Katsu Quorn Dippers (v)	of pizza with various toppings
lunch!'	JACKET POTATO BAR	Jacket Potato with Cheese & Coleslaw (v)	Jacket Potato with Cheese & Beans (v)	Jacket Potato with Cheese (v)	Jacket Potato with Cheese & Beans (v)	Jacket Potato with Tuna
	CARBS	Rice or Diced Potatoes	Potato Wedges	Mashed & Roast Potatoes	Diced Potatoes or Pasta	Chips
	PUDDING	Blueberry Pudding	Cookie Selection	Vanilla Iced Sponge	Chocolate & Pear Cake	Fruity Friday A selection of fruit based desserts

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