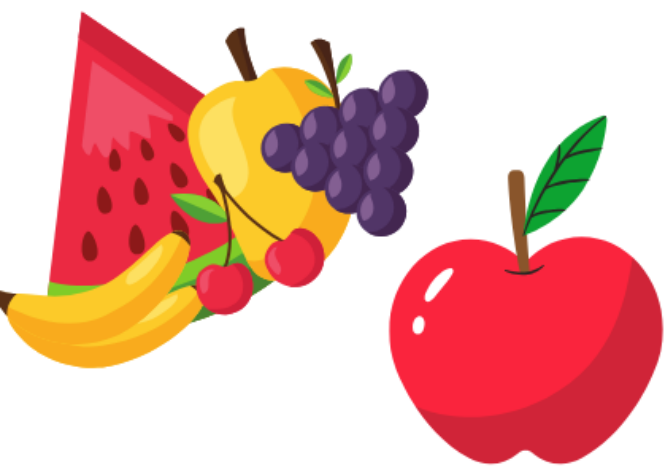




THE ROWAN SCHOOL

★ LUNCH MENU ★



MONDAY

Pork/Vegetarian
Sausage with Mash,
veg and gravy

Cheese and Potato Pie

Jacket Potato with
Cheese and Beans

Ham or Cheese
Sandwich

Jam Sponge and
Custard

TUESDAY

Lasagne, Garlic Bread
and salad

Vegetarian Lasagna,
Garlic bread and Salad

Jacket Potato with
Cheese and Beans

Ham or Cheese
Sandwich

Jelly and Ice Cream

WEDNESDAY

Beef Roast Dinner,
with veg, mash and
gravy

Vegetarian sausage,
veg, mash and gravy

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

Lemon sponge and
custard

THURSDAY

Chicken curry with
rice

Vegetable curry with
rice

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

Muffin selection

FRIDAY

Cheese or pepperoni
pizza, chips and beans

Fish fingers, chips and
beans

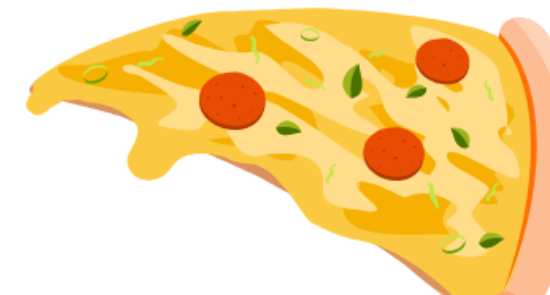
Jacket potato with
cheese and beans

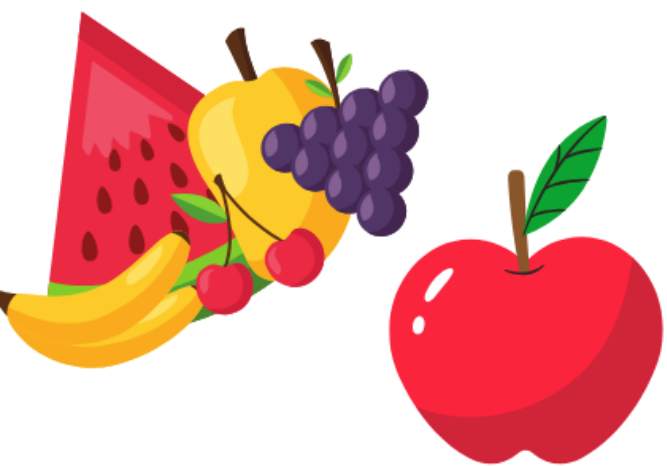
Ham or Cheese
Sandwich

Fruit and ice cream



WEEK ONE





THE ROWAN SCHOOL

★ LUNCH MENU ★



MONDAY

All day breakfast,
sausage, bacon, hash
brown, eggs, beans

Vegetarian breakfast

Jacket Potato with
Cheese and Beans

Ham or Cheese
Sandwich

Chocolate Sponge and
Custard

TUESDAY

Cheese and potato pie,
beans and salad

Mac 'n' cheese

Jacket Potato with
Cheese and Beans

Ham or Cheese
Sandwich

Yoghurt selection

WEDNESDAY

Chicken Roast Dinner,
with veg, mash and
gravy

Vegetarian sausage,
veg, mash and gravy

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

Jam sponge and
custard

THURSDAY

Spaghetti bolognaise
and garlic bread

Vegetable bolognaise
and garlic bread

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

Chocolate chip cookies

FRIDAY

Cheese or pepperoni
pizza, chips and beans

Chicken/veg dippers,
chips and beans

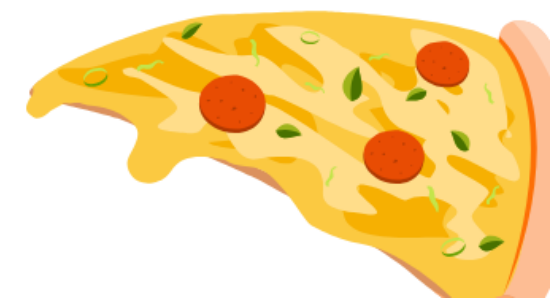
Jacket potato with
cheese and beans

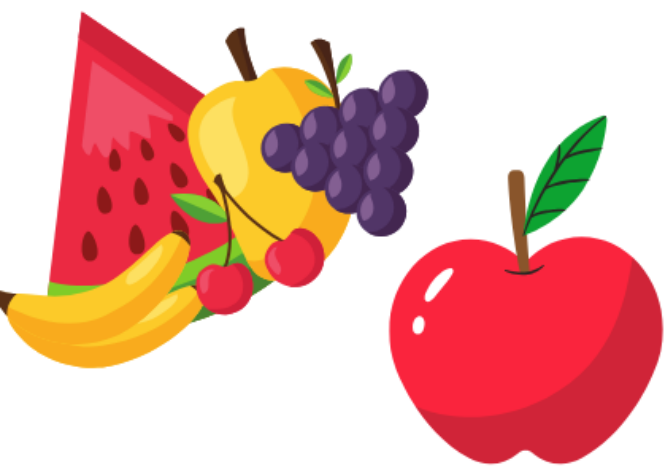
Ham or Cheese
Sandwich

Fruit and ice cream



WEEK TWO





THE ROWAN SCHOOL

★ LUNCH MENU ★



MONDAY

Hotdogs, wedges and beans

Veggie dog, wedges and beans

Jacket Potato with Cheese and Beans

Ham or Cheese Sandwich

Yoghurt selection

TUESDAY

Beef burger, chips and beans

Veggie burger, chips and beans

Jacket Potato with Cheese and Beans

Ham or Cheese Sandwich

Muffin selection

WEDNESDAY

Gammon Roast Dinner, with veg, mash and gravy

Vegetarian sausage, veg, mash and gravy

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Chocolate chip cookies

THURSDAY

Cottage pie, veg and gravy

Cheese and potato pie

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Jam sponge and custard

FRIDAY

Cheese or pepperoni pizza, chips and beans

Chicken goujons, chips and beans

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Fruit and ice cream



WEEK THREE

