

THE ROWAN SCHOOL



LUNCH MENU



MONDAY

**Nuggets and Chips
with Vegetables**

Cheese and Potato Pie

**Jacket Potato with
Cheese and Beans**

**Ham or Cheese
Sandwich**

**Jam Sponge and
Custard**

TUESDAY

Meatballs + Spaghetti

Quorn Balls + Spaghetti

**Jacket Potato with
Cheese and Beans**

**Ham or Cheese
Sandwich**

Jelly and Ice Cream

WEDNESDAY

**Pork Sausage with
Mash, veg and gravy**

**Vegetarian sausage,
veg, mash and gravy**

**Jacket potato with
cheese and beans**

**Ham or Cheese
Sandwich**

**Lemon sponge and
custard**

THURSDAY

**Katsu 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**

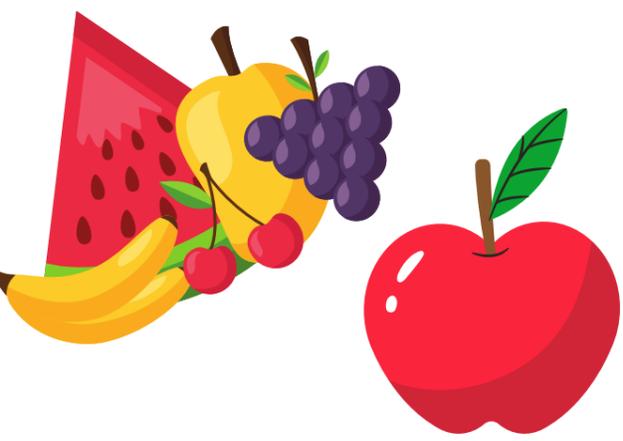
**Ham or Cheese
Sandwich**

Fruit and ice cream



WEEK ONE





THE ROWAN SCHOOL



LUNCH MENU



MONDAY

Chicken pasta and sauce with garlic bread

Pasta and sauce with garlic bread

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 Pie with veg, mash and gravy

Vegetarian pie, veg, mash and gravy

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Jam sponge and custard

THURSDAY

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

Vegetarian breakfast

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

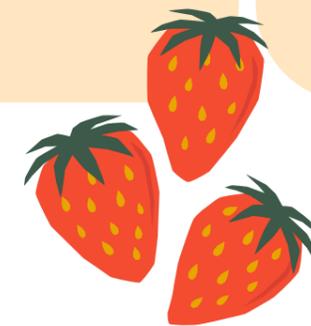
Jacket potato with cheese and beans

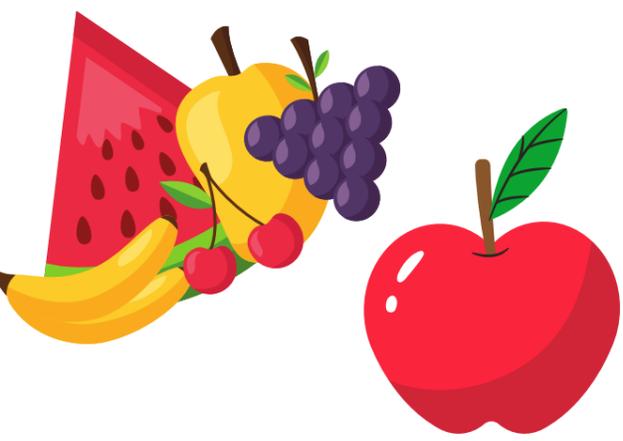
Ham or Cheese Sandwich

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

Cottage pie, veg and gravy

Vegetarian pie, veg + gravy

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Chocolate chip cookies

THURSDAY

Chicken wraps + wedges

Cheese wraps + wedges

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

