



THE ROWAN SCHOOL

★ LUNCH MENU ★



MONDAY

Chicken Nuggets and
Chips with Vegetables

Cheese and Potato Pie

Jacket Potato with
Cheese and Beans

Ham or Cheese
Sandwich

TUESDAY

Meatballs + Spaghetti

Quorn Balls + Spaghetti

Jacket Potato with
Cheese and Beans

Ham or Cheese
Sandwich

WEDNESDAY

Pork Sausage with
Mash, veg and gravy

Vegetarian sausage,
veg, mash and gravy

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

THURSDAY

Katsu chicken curry
with rice

Vegetable curry with
rice

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

FRIDAY

Cheese pizza, chips and
beans

Fish fingers, chips and
beans

Jacket potato with
cheese and beans

Ham or Cheese
Sandwich

*Meat Free
Friday*

There will be a selection of desserts available
each day

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

TUESDAY

Cheese and potato pie, beans and salad

Mac 'n' cheese

Jacket Potato with Cheese and Beans

Ham or Cheese Sandwich

WEDNESDAY

Chicken Pie with veg, mash and gravy

Vegetarian pie, veg, mash and gravy

Jacket potato with cheese and beans

Ham or Cheese Sandwich

THURSDAY

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

Vegetarian breakfast

Jacket potato with cheese and beans

Ham or Cheese Sandwich

FRIDAY

Cheese pizza, chips and beans

Fish fingers, chips and beans

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Meat Free Friday

There will be a selection of desserts available each day



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

TUESDAY

Beef burger, chips and beans

Veggie burger, chips and beans

Jacket Potato with Cheese and Beans

Ham or Cheese Sandwich

WEDNESDAY

Cottage pie, veg and gravy

Vegetarian pie, veg + gravy

Jacket potato with cheese and beans

Ham or Cheese Sandwich

THURSDAY

Chicken wraps + wedges

Cheese wraps + wedges

Jacket potato with cheese and beans

Ham or Cheese Sandwich

FRIDAY

Cheese pizza, chips and beans

Fish fingers, chips and beans

Jacket potato with cheese and beans

Ham or Cheese Sandwich

Meat Free Friday

There will be a selection of desserts available each day



WEEK THREE

