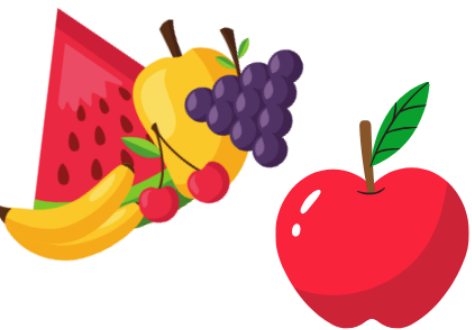




# THE ROWAN SCHOOL

## ★ LUNCH MENU ★



### MONDAY

Chicken Nuggets and  
Chips with Vegetables

Cheese and Potato Pie

Jacket Potato with  
Cheese and Beans

Ham or Cheese  
Sandwich/Baguette

### TUESDAY

Bolognese with Garlic  
Bread

Veggie Bolognese

Jacket Potato with  
Cheese and Beans

Ham or Cheese  
Sandwich/Baguette

### WEDNESDAY

Pork Sausage with  
Mash, veg and gravy

Vegetarian sausage,  
veg, mash and gravy

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

### THURSDAY

Chicken curry with  
rice

Vegetable curry with  
rice

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

### FRIDAY

Cheese pizza, chips and  
beans

Fish fingers, chips and  
beans

Jacket potato with  
cheese and beans

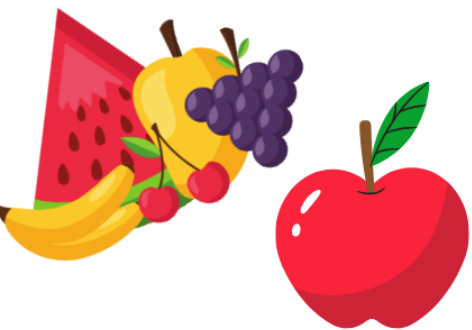
Ham or Cheese  
Sandwich/Baguette

*Meat Free  
Friday*

There will be a selection of desserts available  
each day

# WEEK ONE





# THE ROWAN SCHOOL

## LUNCH MENU



### MONDAY

Chicken pasta bake  
with garlic bread

Veggie bake with  
garlic bread

Jacket Potato with  
Cheese and Beans

Ham or Cheese  
Sandwich/Baguette

### TUESDAY

Beef burger, chips and  
beans

Veggie Burger

Jacket Potato with  
Cheese and Beans

Ham or Cheese  
Sandwich/Baguette

### WEDNESDAY

Cottage Pie with veg,  
mash and gravy

Vegetarian pie, veg,  
mash and gravy

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

### THURSDAY

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

Vegetarian breakfast

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

### FRIDAY

Cheese pizza, chips and  
beans

Fish fingers, chips and  
beans

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

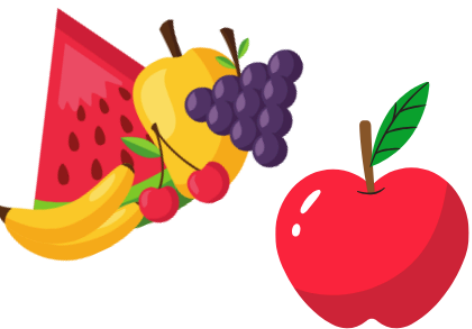
*Meat Free  
Friday*

There will be a selection of desserts available  
each day



# WEEK TWO





# THE ROWAN SCHOOL

## ★ LUNCH MENU ★



### MONDAY

Chicken wraps, wedges  
and beans

Cheese wraps, wedges  
and beans

Jacket Potato with  
Cheese and Beans

Ham or Cheese  
Sandwich/Baguette

### TUESDAY

Lasagne, garlic bread  
and beans

Veggie Lasagne, chips  
and beans

Jacket Potato with  
Cheese and Beans

Ham or Cheese  
Sandwich/Baguette

### WEDNESDAY

Sausage casserole, veg  
and gravy

Veggie casserole, veg +  
gravy

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

### THURSDAY

Chilli and rice

Veggie chilli and rice

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

### FRIDAY

Cheese and potato pie,  
mash and veg

Mac and cheese

Jacket potato with  
cheese and beans

Ham or Cheese  
Sandwich/Baguette

*Meat Free  
Friday*

There will be a selection of desserts available  
each day



# WEEK THREE

