

## Roche C. P. School Menu – Autumn Term 2022

| Week One – Weeks Beginning<br>05/09 26/09 17/10 14/11 05/12  | Week Two – Weeks Beginning<br>12/09 03/10 31/10 21/11 12/12  | Week Three – Weeks Beginning<br>19/09 10/10 07/11 28/11   |
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| <b>MONDAY</b><br>Main – Margarita Pizza and Wedges<br>Veg - Macaroni Cheese<br>Peas and Carrots<br>Dessert - Apple Crumble and Custard<br>Packed Lunch – Ham Wrap                      | <b>MONDAY</b><br>Main – Tomato Pasta Bake<br>Veg – Macaroni Cheese<br>Peas and Carrots<br>Dessert - Flapjack<br>Packed Lunch – Cheese Sandwich   | <b>MONDAY</b><br>Main – Quorn Burger and Wedges<br>Veg - Macaroni Cheese<br>Peas and Carrots<br>Dessert – Ginger Cake and Custard<br>Packed Lunch – Cheese Wrap                   |
| <b>TUESDAY</b><br>Main – Beef Cobbler and Mash<br>Veg – Shepherdess Pie<br>Sweetcorn and Broccoli<br>Dessert – Lemon Drizzle Cake<br>Packed Lunch – Cheese Wrap                        | <b>TUESDAY</b><br>Main – Sausage Bean Casserole and Mash<br>Veg – Quorn Sausage and Mash<br>Broccoli and Sweetcorn<br>Dessert – Oaty Apple Crunch and Custard<br>Packed Lunch – Ham Sandwich | <b>TUESDAY</b><br>Main – Pasty Pie<br>Veg - Vegetable Chilli and Rice<br>Cauliflower and Sweetcorn<br>Dessert – Marble Cake and Custard<br>Packed Lunch – Ham Wrap                |
| <b>WEDNESDAY</b><br>Main – Roast Pork<br>Veg - Quorn Roast<br>Cabbage and Carrots<br>Dessert - Fruity Jelly and Ice Cream<br>Packed Lunch – Ham Sandwich                               | <b>WEDNESDAY</b><br>Main – Roast Turkey<br>Veg - Cauliflower Cheese<br>Green Beans and Carrots<br>Dessert – Fruit and Ice Cream<br>Packed Lunch – Cheese Wrap                                | <b>WEDNESDAY</b><br>Main – Roast Gammon<br>Veg – Cheesy Leek Bake<br>Cabbage and Carrots<br>Dessert – Fruit and Ice Cream Sundae<br>Packed Lunch – Cheese Sandwich                |
| <b>THURSDAY</b><br>Main - Beef Burger and Wedges<br>Veg – Quorn tortilla Layer and Wedges<br>Coleslaw and Sweetcorn<br>Dessert – Victoria Sponge<br>Packed Lunch – Cheese Sandwich     | <b>THURSDAY</b><br>Main – Spaghetti Bolognese<br>Veg - Vegetable Fajitas with Rice<br>Cauliflower and Sweetcorn<br>Dessert – Carrot Cake<br>Packed Lunch – Ham Wrap                          | <b>THURSDAY</b><br>Main – Mild Chicken Curry and Rice<br>Veg – Pea and Onion Risotto<br>Green Beans and Sweetcorn<br>Dessert – Banana Custard<br>Packed Lunch – Ham Wrap          |
| <b>FRIDAY</b><br>Main - Fish and Chips<br>Veg – Cheese and Onion Quiche and Chips<br>Peas and Baked Beans<br>Dessert – Chocolate Orange Pinwheel with Fruit<br>Packed Lunch – Ham Wrap | <b>FRIDAY</b><br>Main – Fish Fingers and Chips<br>Veg – Cheese Whirl and Chips<br>Peas and Baked Beans<br>Dessert – Chocolate Crispy with Fruit Slices<br>Packed Lunch – Cheese Sandwich     | <b>FRIDAY</b><br>Main - Sausages and Chips<br>Veg - Mediterranean Tart and Chips<br>Peas and Baked Beans<br>Dessert – Oat Cookies with Fruit Slices<br>Packed Lunch – Cheese Wrap |

**Fruit Salad Available Daily**

**Mixed Salad Available Daily**

**Jacket Potatoes Available Daily**

School Packed Lunches include;

- Sandwich or Wrap
- Vegetable sticks
- Fruit or Raisins
- Cake or Biscuit
- Yoghurt or Jelly

Although some of our dishes are allergen free, they are not made in an allergen free environment. **Please contact our cook, Lizzie, for any allergen information** [lwhitford@roche.tpacademytrust.org](mailto:lwhitford@roche.tpacademytrust.org). Please order your child's school meals on Parent Pay each week. Orders need to be submitted by Sunday evening at midnight for the full week ahead. KS1 are entitled to free school meals. Orders can be pre-ordered for the term ahead by changing the week commencing date on Parent Pay.