



ROEDEAN SCHOOL

LUNCH MENU



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Main Event	<u>Chicken Licken</u> Chicken fricassee	<u>It's a Roast</u> Roast Lamb Mint Sauce	<u>Afghani-Stan</u> Tandoori chicken	<u>Its a Roast</u> Roast Pork Apple Sauce & Gravy	<u>Fry-day Fish</u> Battered Cod with tartar sauce and Lemon	<u>Chao and Bao</u> Stir fried chicken	<u>It's Brunch</u>
Meat Free Zone	Vegetable Fricassee	Roasted Mediterranean Vegetable brochetta	vegetable Tandoori	Vegetable roast	Vegetable spring rolls	Vegetarian stir fry	Tomatoes Hash browns Mushrooms
And to go with....	Steamed Potatoes Leeks/Carrots	Roast Potatoes Parsnips Peas	Courgette/Swede Vegetable rice	Roast Potatoes Diced Swede Steamed Green Vegetable	Oven baked Chips Garden Peas Diced carrots	Vegetable rice Noodles	Sausages Bacon Fried bread
Scrummy Puds!	Apple crumble Custard	Trifle	Vanilla sponge Custard	Peaches and cream	Fruit flan and Cream	Chocolate Ice cream	Fresh fruit

Available daily ... Fresh Salads and Fresh Fruit..Homemade Soup of the day and Jacket potato with baked beans