



# ROEDEAN SCHOOL

## LUNCH MENU



| Week 3                    | MONDAY  | TUESDAY  | WEDNESDAY                                   | THURSDAY  | FRIDAY   | SATURDAY                           | SUNDAY                               |
|---------------------------|---|--|---|---|--|------------------------------------|--------------------------------------|
| <b>The Main Event</b>     | <u>Bangers And Alliums</u><br><i>Sausage and onions</i> | <u>It's a Roast</u><br>Roast Turkey And Stuffing | <u>Confused Chicken</u><br>Chicken stir fry | <u>Its a Roast</u><br>Roast Beef<br>Horseradish Sauce<br>Yorkshires | <u>Fry-day Fish</u><br>Fish pie<br>Poached cod and Lemon | <u>It's a Greek Day</u><br>Mousaka | <u>It's Brunch</u>                   |
| <b>Meat Free Zone</b>     | Vegetable Lentil bake                                   | Vegetable Rat                                    | vegetable Quorn pie                         | Vegetable roast   | Vegetable Samosa   | Vegetarian Mousaka                 | Tomatoes<br>Hash browns<br>Mushrooms |
| <b>And to go with....</b> | Carrots/<br>Sweet corn<br>Mashed Potatoes               | Parsley<br>Potatoes<br>Parsnips<br>Green beans   | Noodles<br>Assorted seasonal vegetables     | Roast Potatoes<br>Cauliflower<br>Steamed Green Vegetables           | New minted potatoes<br>Garden Peas<br>Sweet Corn         | Seasonal Vegetables<br>Salad       | Sausages<br>Bacon<br>Fried bread     |
| <b>Scrummy Puds!</b>      | Rhubarb and ginger pie custard                          | Sponge Trifle                                    | Baked Jam Roll & Custard                    | Chocolate moose and cream   | Peaches Cream  | Rhubarb crumble and cream          | Fresh fruit                          |

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