

ROEDEAN JUNIOR SCHOOL

Week 3

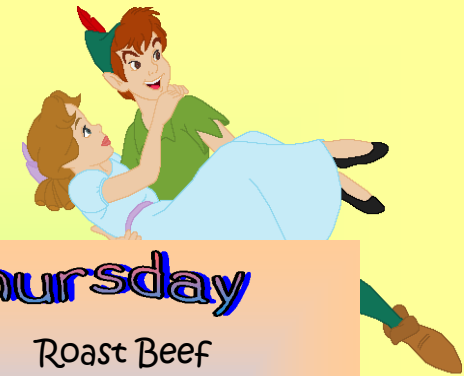


Monday

Sausages and onions
Vegetable lentil bake

Carrots/sweet corn
Mash potatoes

Rhubarb and ginger
Crumble/custard



Thursday

Roast Beef
Vegetable roast
Roast potatoes
cauliflower, steamed green
vegetables

Chocolate moose and
cream

Tuesday

Roast Turkey.
Mediterranean Vegetable
Ratatouille.

Parsnips /green beans
and parsley potatoes

Trifle

Wednesday

Chicken stir fry
Vegetable Quorn pie

noodles
Assorted Vegetables

Baked jam roll and custard

Friday

Poached fish
Vegetable Samosa

New potatoes
Green peas
Sweet corn

Peaches and cream

