



Roundswell Community Primary Academy  
Autumn Term Menu 2024

<b>Week 1</b> <b>Commencing:</b> 2/9, 23/9, 14/10, 11/11, 2/12	<b>Main option</b>	<b>Vegetarian</b>	<b>Alternative</b>	<b>Cold Option</b>	<b>Pudding</b>
<b>Monday</b>	Veggie Lasagne broccoli, sweetcorn and garlic bread	Veggie Lasagne broccoli, sweetcorn and garlic bread	Jacket potato with a choice of fillings, the days vegetables or salad	Egg baguette	Strawberry mousse Fresh fruit Yoghurt
<b>Tuesday</b>	Toad in the hole Creamy potatoes, carrots, green beans and gravy	Meat free toad in the hole Creamy potatoes, carrots, green beans and gravy	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Cheese baguette	Iced vanilla sponge Fresh fruit Yoghurt
<b>Wednesday</b>	Roast chicken Dry roasted potatoes Fresh carrots, cabbage, stuffing, served with gravy	Quorn fillet Dry roasted potatoes Fresh carrots, cabbage, stuffing, served with gravy	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Tuna baguette	Homemade chocolate shortbread Fresh fruit Yoghurt
<b>Thursday</b>	Chicken and rice Served with mixed vegetables and homemade mango & coconut sauce	Quorn pieces and rice served with mixed vegetables and homemade mango & coconut sauce	Jacket potato with a choice of fillings, the days vegetables or salad	Ham baguette	Artic roll Fresh fruit Yoghurt
<b>Friday</b>	Fish fingers Chips Served with peas	Vegetable fingers Chips Served with peas	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Chicken baguette	Pip organic ice squeezer Fresh fruit Yoghurt
<b>Available each day</b>	Freshly prepared salad    bread and drinking water    fresh fruit or yoghurts as a    pudding alternative				



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<b>Week 2</b> <b>Commencing:</b> 9/9, 30/9, 21/10, 18/11, 9/12	<b>Main option</b>	<b>Vegetarian</b>	<b>Alternative</b>	<b>Cold Option</b>	<b>Pudding</b>
<b>Monday</b>	Mac 'n' Cheese Served with broccoli, sweetcorn and garlic bread	Mac 'n' Cheese Served with broccoli, sweetcorn and garlic bread	Jacket potato with a choice of fillings, the days vegetables or salad	Egg baguette	Strawberry meringue Fresh fruit Yoghurt
<b>Tuesday</b>	Chicken balls with stir fried noodles, red peppers, broccoli & cauliflower	Buttermilk quorn stir fried noodles, red peppers, broccoli and cauliflower	Jacket potato with a choice of fillings, the days vegetables or salad	Cheese baguette	Homemade peach sponge Fresh fruit Yoghurt
<b>Wednesday</b>	Gammon ham Dry roasted potatoes Fresh carrots, cabbage, stuffing, served with gravy	Quorn fillet Dry roasted potatoes Fresh carrots, cabbage, stuffing, served with gravy	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Tuna baguette	Homemade vanilla shortbread Fresh fruit Yoghurt
<b>Thursday</b>	Meatball margarita pizza Served with potato wedges and mixed vegetables	Margarita pizza Served with potato wedges and mixed vegetables	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Fishfinger sandwich	Homemade chocolate cracknel Fresh fruit Yoghurt
<b>Friday</b>	Fillet O'fish Chips Peas	Veggie burger Chips Peas	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Ham baguette	Vanilla ice cream Fresh fruit Yoghurt
<b>Available each day</b>	Freshly prepared salad    bread and drinking water    fresh fruit or yoghurts as a    pudding alternative				



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<b>Week 3</b> <b>Commencing:</b> 16/9, 7/10, 4/11, 25/11, 16/12	<b>Main option</b>	<b>Vegetarian</b>	<b>Alternative</b>	<b>Cold Option</b>	<b>Pudding</b>
<b>Monday</b>	Italian tomato pasta Served with broccoli, sweetcorn and garlic bread	Italian tomato pasta Served with broccoli, sweetcorn and garlic bread	Jacket potato with a choice of fillings, the days vegetables or salad	Egg baguette	Mandarin oranges in jelly Fresh fruit Yoghurt
<b>Tuesday</b>	Chicken sausage brunch potato and veggie frittata and baked beans	Vegan sausage brunch potato and veggie frittata and baked beans	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Cheese baguette	Homemade flapjack with fruit slices Fresh fruit Yoghurt
<b>Wednesday</b>	Roast chicken Dry roasted potatoes Fresh carrots, cabbage, stuffing, served with gravy	Quorn fillet Dry roasted potatoes Fresh carrots, cabbage, stuffing, served with gravy	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Tuna baguette	Homemade lemon cake Fresh fruit Yoghurt
<b>Thursday</b>	Sausage roll Served with vegetable rice and cauliflower	Vegan sausage roll Served with vegetable rice and cauliflower	Jacket potato with a choice of fillings, the days vegetables or salad	Ham baguette	Homemade apple and maple syrup pancake Fresh fruit Yoghurt
<b>Friday</b>	Breaded salmon bites Chips Peas	Breaded vegetable nuggets Chips Peas	Warm pasta spirals with a choice of toppings, the days vegetables or salad	Chicken baguette	Chocolate mousse Fresh fruit Yoghurt
<b>Available each day</b>	Freshly prepared salad    bread and drinking water    fresh fruit or yoghurts as a    pudding alternative				