




Rochford Primary & Nursery School



Dinner Menu


| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| Dinner | Cheese & Tomato Pizza | Chicken Korma | Roast Gammon | Meatballs and Spaghetti | Breaded Chicken Goujons |
|  THE VEGGIE OPTION | Cheese & Tomato Pizza | Quorn Korma | Cheese & Vegetable Bake | Sauce and Spaghetti | Vegetable Nuggets |
| Side | Pasta and fresh vegetables of the day | Rice and fresh vegetables of the day | Roast potatoes and fresh vegetables of the day | Garlic bread and fresh vegetables of the day | Chips, baked beans and fresh vegetables of the day |
| Jacket Potato | Choice of Cheese and Beans | Choice of Cheese and Beans | Choice of Cheese and Beans | Choice of Cheese and Beans | Choice of cheese and beans |
| Cold | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks |
| Dessert | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day |
| Drink | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |



Rochford Primary & Nursery School



Dinner Menu


| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| Dinner | Pasta with tomato or cheese sauce | Chicken Fajitas | Roast Turkey | All Day Breakfast | Jumbo Fish Fingers |
|  THE VEGGIE OPTION | Pasta with tomato or cheese sauce | Quorn Fajitas | Cheese & Vegetable Bake | All Day Vegetarian Breakfast | Jumbo Fish Fingers |
| Side | Fresh vegetables of the day | Rice, fresh vegetables of the day | Roast potatoes and fresh vegetables of the day | Baked beans and cooked tomatoes | Chips, baked beans and fresh vegetables of the day |
| Jacket Potato | Choice of Cheese and Tuna | Choice of Cheese and Tuna | Choice of Cheese and Tuna | Choice of Cheese and Tuna | Choice of Cheese and Tuna |
| Cold | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks |
| Dessert | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day |
| Drink | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |



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Dinner Menu

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| Dinner | Cheese & Tomato Pizza | Sausage and Mash | Chicken Burger | Spaghetti Bolognaise | Fish Fingers |
|  | Cheese & Tomato Pizza | Vegetable Sausage and Mash | Vegetable Burger | Sauce and Spaghetti | Fish Fingers |
| Side | Pasta and fresh vegetables of the day | Fresh vegetables of the day | Chips, baked beans and fresh vegetables of the day | Garlic bread and fresh vegetables of the day | Chips, baked beans and fresh vegetables of the day |
| Jacket Potato | Choice of Cheese and Beans | Choice of Cheese and Beans | Choice of Cheese and Beans | Choice of Cheese and Beans | Choice of cheese and beans |
| Cold | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks | Choice of ham or cheese wrap or soft bap with cucumber & carrot sticks |
| Dessert | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day | Fresh fruit, yoghurt, home-made dessert of the day |
| Drink | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |