

Rochford Primary and Nursery School

Hot Dinner Menu

£2.20 a day /£11.00 a week

Week 1

Monday	Home made Pizza with various toppings	Pasta, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Tuesday	Sausage in a roll	Potato wedges, Spaghetti hoops, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Wednesday	Roast Gammon	Roast potatoes, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Thursday	Chicken curry	Rice, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Friday	Jacket potatoes with choice of fillings Or Pasta with tomato / cheese sauce	Baked beans, cheese, fish, coleslaw, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water

Week 2

Monday	Fish fingers	Chips, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Tuesday	Spaghetti Bolognese	Garlic bread, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Wednesday	Roast turkey	Roast potatoes, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Thursday	All Day Breakfast	Baked beans, tomatoes, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Friday	Home made Pizza with various toppings	Pasta fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water

Week 3

Monday	Meatballs with Spaghetti	Garlic bread, fresh vegetables of the	Fresh fruit, yoghurt, home-made dessert of	Milk or water
--------	--------------------------	---------------------------------------	--	---------------

		day, salad	the day	
Tuesday	Sausage & Mash	fresh vegetables of the day, salad Baked Beans, cheese	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Wednesday	Burger in a roll	Chips, baked beans, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Thursday	Sweet & sour chicken	Noodles, fresh vegetables of the day, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water
Friday	Macaroni Cheese or Jacket potatoes with choice of fillings	Baked beans, cheese, fish, coleslaw, salad	Fresh fruit, yoghurt, home-made dessert of the day	Milk or water

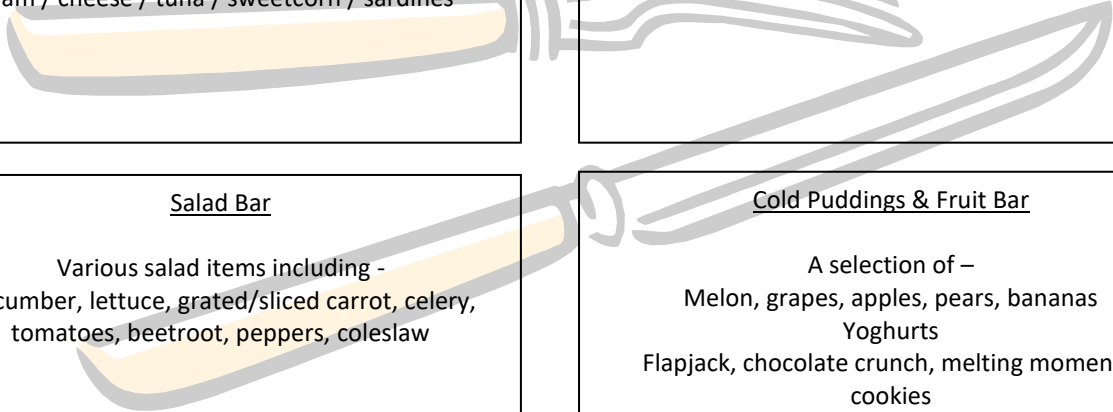
We also have the option of a 'cold' lunch.

COLD FOOD MENU

SERVED DAILY

Main Meal

Choice of –
Pitta / Wrap / Soft bap / Finger Roll / bread
with a filling of –
ham / cheese / tuna / sweetcorn / sardines



Side Dish

Rice
Pasta
Potato salad

Salad Bar

Various salad items including -
Cucumber, lettuce, grated/sliced carrot, celery,
tomatoes, beetroot, peppers, coleslaw

Cold Puddings & Fruit Bar

A selection of –
Melon, grapes, apples, pears, bananas
Yoghurts
Flapjack, chocolate crunch, melting moments,
cookies