

Roseberry Academy – September-October Menu



Week 1		Green Monday	Tuesday	Wednesday	Thursday	Friday
W/c 21 st Sept 12 th Oct	Option 1	Crispy Crumb Vegetable Burger in a Bun served with Coleslaw (GLUTEN, SESAME, EGG)	Mince and Yorkshire Puddings served with Gravy (SO2)	Roast Pork, Yorkshire Pudding served with Roast Potatoes and Gravy (GLUTEN, MUSTARD, SOYA MILK, EGG, SO2)	Bacon, Sausage & Ketchup Muffin (GLUTEN, SOYA)	Traditional Fish Cake served with Chips. (FISH, GLUTEN)
	Option 2	Macaroni Cheese served with Garlic Bread (GLUTEN, MUSTARD, SOYA, MILK)	Vegetable Spaghetti Bolognese (GLUTEN, MUSTARD, SOYA)	Quorn Sausage served with Yorkshire Pudding, roast Potatoes and Gravy (GLUTEN, MILK, EGGS, SO2)	BBQ Roast Vegetable Wrap served with Rice (GLUTEN, FISH, MUSTARD)	Cheesy Sweetcorn Fritters served with Chips. (EGGS, SOYA, GLUTEN, MILK)
	Vegetables	Peas & Sweetcorn	Cabbage & Diced Carrots	Broccoli & Diced Carrots	Swede & Green Beans	Peas & Baked Beans
	Dessert	Chocolate Flapjack Or Fruit Pot (GLUTEN)	Apple, Toffee, Biscuit & Cream Layer Or Fruit Pot (GLUTEN, MILK)	Ice Cream Or Fruit Boat (MILK)	Jam Sponge & Custard Or Fruit Pot (GLUTEN, EGG, MILK)	Jelly Or Fruit boat (MILK, GLUTEN)

Week 2		Green Monday	Tuesday	Wednesday	Thursday	Friday
W/c 7 th Sept 28 th Sept 19 th Oct	Option 1	Pizza Wrap served with Wedges (GLUTEN, MILK)	Baked Pork Sausages in a Rich Onion Gravy served with Creamed Mashed Potato (GLUTEN, SO2)	Roast Chicken And stuffing served with Roast Potatoes and Gravy (GLUTEN, SO2)	Pepperoni and Ham Pizza Served with Seasoned Diced Potatoes (CELERY, GLUTEN, EGGS, MILK, SOYA)	Fish Fingers and Chips (FISH, GLUTEN)
	Option 2	Vegetable Fajitas with Herby Diced Potato (GLUTEN, MILK)	Meatless Meatballs in a Rich Onion Gravy served with Creamed Mashed Potato (SO2, GLUTEN, SOYA)	Quorn Sausages served with Roast Potatoes and Gravy (SO2, GLUTEN)	Vegetable Pasta Bake (CELERY, GLUTEN, MILK)	Pasta Kitchen (GLUTEN)
	Vegetables	Sweetcorn & Broccoli	Kale & Diced Carrots	Cabbage & Broccoli	Kale & Sweetcorn	Baked Beans & Sweetcorn
	Dessert	Hot Chocolate Fudge Cake and Custard Or Fruit Pot (GLUTEN, EGGS, MILK)	Beetroot Brownie Or Fruit Boat (GLUTEN, EGGS, MILK, SOYA)	Jam Roly Poly and Custard Or Fruit Pot (GLUTEN, MILK)	Strawberry Jelly with Mandarins Or Fruit Boat	Cinnamon Whirl Or Fruit Pot (GLUTEN)

Week 3		Green Monday	Tuesday	Wednesday	Thursday	Friday
W/c 14 th Sept 5 th Oct	Option 1	Macaroni Cheese with Homemade Garlic Bread (MILK, SOYA, EGG, GLUTEN, MUSTARD)	Chicken Curry served with Rice (CELERY)	Roast Turkey with Mashed Potatoes and Gravy (SO2)	Spaghetti Bolognese (GLUTEN, MUSTARD, SOYA)	Gluten Free Fish Fillet with Chips (FISH)
	Option 2	Cheese Omelette with Salad and Coleslaw (EGGS, MILK)	Cheese Toastie (GLUTEN, SOYA, MILK)	Vegetarian Sausage with Mashed Potato and Gravy (GLUTEN, MILK, SO2)	Cheese and Onion Pie with New Potatoes (GLUTEN, EGG, MILK, SOYA)	Cheese Whirl with Chips (GLUTEN, EGG, MILK, SO2)
	Vegetables	Sweetcorn & Peas	Baked Beans & Diced Carrots	Broccoli & Cauliflower	Diced Carrots & Sweetcorn	Baked Bean & Peas
	Dessert	Pineapple Upside Down Cake & Custard (GLUTEN, EGG, MILK, SO2, SOYA) Or Fruit Pot	Strawberry Jelly Or Fruit Boat	Ice Cream (MILK) Or Fruit Pot	Cornflake Buns (GLUTEN) Or Fruit Boat	Cherry Flapjack (GLUTEN, SO2) Or Fruit Pot

*Available Daily: Jacket potatoes with a choice of fillings (Cheese (M), Tuna (E,F), Beans), Sandwiches (G,S), Fresh bread, Cheese and Crackers (M,G) , Salad bar, Fresh fruit, Yoghurts (M)