

## Roche C. P. School Menu – Spring Term 1 2023

Week One – Weeks Beginning 02/01 23/01 20/02 13/03	Week Two – Weeks Beginning 09/01 30/01 27/02 20/03	Week Three – Weeks Beginning 16/01 06/02 06/03 27/03
<b>MONDAY</b> <b>Main</b> – Margarita Pizza and Wedges <b>Veg</b> - Macaroni Cheese Peas and Carrots <b>Dessert</b> - Apple Crumble and Custard <b>Packed Lunch</b> – Ham Wrap	<b>MONDAY</b> <b>Main</b> – Loaded Hidden Veg Pasta Bake <b>Veg</b> – Macaroni Cheese Peas and Carrots <b>Dessert</b> – Lemon Drizzle Cake <b>Packed Lunch</b> – Cheese Sandwich	<b>MONDAY</b> <b>Main</b> – Quorn Burger and Wedges <b>Veg</b> - Macaroni Cheese Peas and Carrots <b>Dessert</b> – Strawberry Jam Cake <b>Packed Lunch</b> – Ham Wrap
<b>TUESDAY</b> <b>Main</b> – Sausage and Mash <b>Veg</b> – Vegetable Stir Fry Sweetcorn and Broccoli <b>Dessert</b> – Apple Cake <b>Packed Lunch</b> – Cheese Wrap	<b>TUESDAY</b> <b>Main</b> – Burger in a Bun and Wedges <b>Veg</b> – Shepherdess Pie Coleslaw and Sweetcorn <b>Dessert</b> – Marble Cake and Custard <b>Packed Lunch</b> – Ham Sandwich	<b>TUESDAY</b> <b>Main</b> – Year 5's Chicken and Mozzarella Pasta <b>Veg</b> - Vegetable Curry and Rice Cauliflower and Sweetcorn <b>Dessert</b> – Chocolate Cake and Custard <b>Packed Lunch</b> – Cheese Wrap
<b>WEDNESDAY</b> <b>Main</b> – Roast Gammon <b>Veg</b> - Quorn Roast Cabbage and Carrots <b>Dessert</b> - Fruit and Ice Cream <b>Packed Lunch</b> – Ham Sandwich	<b>WEDNESDAY</b> <b>Main</b> – Roast Pork <b>Veg</b> – Vegetable Crumble Green Beans and Carrots <b>Dessert</b> – Fruit and Ice Cream Sundae <b>Packed Lunch</b> – Cheese Wrap	<b>WEDNESDAY</b> <b>Main</b> – Roast Turkey <b>Veg</b> – Cheesy Spinach and Potato Bake Cabbage and Carrots <b>Dessert</b> – Jelly and Ice Cream <b>Packed Lunch</b> – Ham Sandwich
<b>THURSDAY</b> <b>Main</b> – Mild Chilli Con Carne and Rice <b>Veg</b> – Chimichanga and Rice (wrap) Coleslaw and Sweetcorn <b>Dessert</b> – Vanilla Sponge <b>Packed Lunch</b> – Ham Wrap	<b>THURSDAY</b> <b>Main</b> – Chicken Stew and Herb Dumplings with Mash <b>Veg</b> – Country Vegetable Pie and Mash Cauliflower and Sweetcorn <b>Dessert</b> – Sticky Toffee Pudding and Custard <b>Packed Lunch</b> – Ham Wrap	<b>THURSDAY</b> <b>Main</b> – Cottage Pie <b>Veg</b> – Spaghetti Quorn Carbonara Green Beans and Sweetcorn <b>Dessert</b> – Rice Pudding <b>Packed Lunch</b> – Cheese Sandwich
<b>FRIDAY</b> <b>Main</b> - Fish and Chips <b>Veg</b> – Cheese and Tomato Pinwheel and Chips Peas and Baked Beans <b>Dessert</b> – Chocolate Brownie with Fruit Slices <b>Packed Lunch</b> – Cheese Sandwich	<b>FRIDAY</b> <b>Main</b> – Sausages and Chips <b>Veg</b> – Cheese Onion and Sweetcorn Quiche and Chips Peas and Baked Beans <b>Dessert</b> – Custard Biscuit with Fruit Slices <b>Packed Lunch</b> – Cheese Sandwich	<b>FRIDAY</b> <b>Main</b> – Fish Fingers and Chips <b>Veg</b> – Falafel in a Bun and Chips Peas and Baked Beans <b>Dessert</b> – Ginger Biscuit with Fruit Slices <b>Packed Lunch</b> – Ham Wrap

**Fruit Salad Available Daily**

**Mixed Salad Available Daily**

**Jacket Potatoes Available Daily**