

SCHOOL MENU

WEEK ONE

Main Meal: £1.85 or a Meal Deal
(Main Meal + drink): £2.60

Roding Valley
High School



MONDAY

Main Meal

- Chilli Con Carne or Roast Vegetable Pizza with Garlic Bread, Sweetcorn and a strawberry Mousse dessert.

A Selection of Hot and Cold Baguettes: From £1.85

- Fillings include Roast chicken, bacon, sausages with a choice of salad and sauce.

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



TUESDAY

Main Meal

- Southern Fried Chicken with a Curry side, Vegetarian Hotpot with rice, a side salad and Chocolate Sponge with Chocolate Custard.

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



WEDNESDAY

Main Meal

- Chicken Fajitas, Aubergine Gratin with Sweet Potato Wedges, a Side Salad and a Chocolate Bread and Butter Pudding

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



THURSDAY

Main Meal

- Roast of the Week, Vegetable Quesadillas, Roasted Potatoes, Carrots and Cabbage and Fresh Fruit Salad

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



FRIDAY

Main Meal

- Chicken Burger, Macaroni Cheese, Chipped Potato's, Minted Peas and Orange Sponge

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



Healthy School

SCHOOL MENU

WEEK TWO

Main Meal: £1.85 or a Meal Deal:
(Main Meal + drink): £2.60

Roding Valley
High School



MONDAY

Main Meal

- **Chicken and Black Bean sauce, Stir-fried Noodles, Mixed Salad, garlic Bread and Chocolate Mousse**

A Selection of Hot and Cold Baguettes: From £1.85

- Fillings include Roast chicken, bacon, sausages with a choice of salad and sauce.

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



TUESDAY

Main Meal

- **Sticky Lemon, Honey Chicken Drumstick, Vegetarian Burrito, Sweetcorn, Rice and Lemon Cake.**

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



WEDNESDAY

Main Meal

- **Sausage and Mash, Quorn Sausages, Salad, Roasted Vegetables and Rice Crispy Cake**

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



THURSDAY

Main Meal

- **Roast of the Week, Pasta with Tomato and Marscapone, Roasted Potatoes, Carrots and Cabbage and Fresh Fruit Salad**

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



FRIDAY

Main Meal

- **Fish Burger with Tartare Sauce, Quorn Burger, Chipped Potatoes, Minted Garden Peas and Marble Sponge**

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



Healthy School

SCHOOL MENU

WEEK THREE

Main Meal: £1.85 or a Meal Deal
(Main Meal + drink): £2.60

Roding Valley
High School



MONDAY



Main Meal

- Beef Meatballs, Baked Tortelloni, Garlic Bread, Sweetcorn and Apple Crumble

A Selection of Hot and Cold Baguettes: From £1.85

- Fillings include Roast chicken, bacon, sausages with a choice of salad and sauce.

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item

TUESDAY



Main Meal

- Chicken Korma, Vegetable Korma, Rice, Naan Bread and Chocolate Brownies.

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item

WEDNESDAY



Main Meal

- Stir-fried Sweet and Sour Chicken Noodles, Egg Fried Rice, Roasted Vegetables, Spring Rolls and Victoria Sponge

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item

THURSDAY



Main Meal

- Roast of the Week, Baked Eggs with Ratatouille, Roasted Potatoes, Carrots and French Beans and Fresh Fruit Salad

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item

FRIDAY



Main Meal

- Battered Fish, Spicy Tomato Pasta, Chipped Potatoes, Garden Peas and Vanilla Sponge.

A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.10

Jacket Potatoes: £1.25

Hot Pasta from the Pasta Bar: £1.85

Salad Box: From £1:85

Fresh Fruit Salad: £1

Fresh Fruit: 60p per item



Healthy School