

# SCHOOL MENU WEEK ONE

Roding Valley  
High School



MONDAY

## Main Meal £1.95

- Chilli Con Carne or Roast Vegetable Pizza with Garlic Bread

## A Selection of Hot and Cold Baguettes: From £1.95 available daily

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



TUESDAY

## Main Meal £1.95

- Southern Fried Chicken with a Curry side, Vegetarian Hotpot with rice, a side salad.

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



WEDNESDAY

## Main Meal £1.95

- Chicken Fajitas, Aubergine Gratin with Sweet Potato Wedges, a Side Salad.

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



THURSDAY

## Main Meal £1.95

- Roast of the Week, Vegetable Quesadilas, Roasted Potatoes, Carrots and Cabbage.

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



FRIDAY

## Main Meal £1.95

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



Healthy School

# SCHOOL MENU WEEK TWO

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MONDAY



## Main Meal £1.95

- Chicken and Black Bean sauce, Stir-fried Noodles, Mixed Salad, Garlic Bread

## A Selection of Hot and Cold Baguettes: From £1.95

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

TUESDAY



## Main Meal £1.95

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

WEDNESDAY



## Main Meal £1.95

- Sausage and Mash, Quorn Sausages, Salad, Roasted Vegetables

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

THURSDAY



## Main Meal £1.95

- Roast of the Week, Pasta with Tomato and Marscapone, Roasted Potatoes, Carrots and Cabbage

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

FRIDAY



## Main Meal £1.95

- Fish Burger with Tartare Sauce, Quorn Burger, Chipped Potatoes, Minted Garden Peas

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



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# SCHOOL MENU WEEK THREE

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MONDAY



## Main Meal £1.95

- Beef Meatballs, Baked Tortelloni, Garlic Bread, Sweetcorn

## A Selection of Hot and Cold Baguettes: From £1.95

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

TUESDAY



## Main Meal £1.95

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

WEDNESDAY



## Main Meal £1.95

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

THURSDAY



## Main Meal £1.95

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

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item

FRIDAY



## Main Meal £1.95

- Battered Fish, Spicy Tomato Pasta, Chipped Potatoes, Garden Peas

## A Selection of Sandwiches, Wraps, Paninis and Rolls: From £1.70

Jacket Potatoes: £1.30

Hot Pasta from the Pasta Bar: £1.95

Salad Box: From £1.95

Fresh Fruit Salad: £1.10

Fresh Fruit: 60p per item



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