



ROWAN PREPARATORY SCHOOL

SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Sweet & Sour Chicken	Shepherd's Pie	Honey Roasted Gammon	Macaroni Cheese with Bacon	Cod Fish Fingers
Vegetarian	Sweet & Sour Quorn Strips	Shepherdess Pie	Roasted Vegetable & Lentil Loaf	Macaroni Cheese	Cheese, Leek & Tomato Tart
Sides	Savoury Rice	Mashed Potato	Roast Potatoes	Lyonnais Potatoes	Chips
Vegetables	Baby Corn Carrots	Braised Red Cabbage Green Beans	Honey Roast Parsnips Glazed Carrots	Broccoli Sweetcorn	Peas Baked Beans
Salad Bar	Chef's Salad Selection	Chef's Salad Selection	Chef's Salad Selection	Chef's Salad Selection	Chef's Salad Selection
Fresh Fruit	Daily Selection	Daily Selection	Daily Selection	Daily Selection	Daily Selection
Dessert	Carrot Cake	Sultana Shortbread	Apple & Syrup Sponge With Custard	Blackberry & Apple Crumble	Cookie
Homemade Bread	Poppy Seed	Cheese	Herb	Sunflower Seed	Plain
Yoghurt & Topper	Selection Of Yoghurt	Selection Of Yoghurt	Selection Of Yoghurt	Selection Of Yoghurt	Selection Of Yoghurt
Pasta Bar	Tomato & Basil	Smoked Salmon & Cream Cheese	Arrabiata	Roasted Vegetable	Barbecue Chicken
Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes