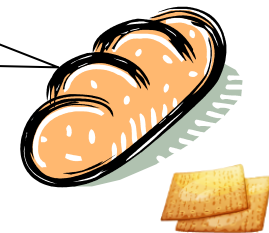




Have you had your 5-a-day?

Bread, crackers and cheese.



Rowan Hill Menu

2014 10 Nov 2014	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Mains</u>	Lasagne	Beef and vegetable pie	Cheese and leek pasta with crispy bacon topping	Sliced chicken and Stuffing balls	Fish fingers
<u>Vegetarian</u>	Vegetable lasagne	Sweet potato and lentil curry	Cheese and leek pasta	Quorn sausage	Vegetable wraps
<u>Served with</u>	Peas	Mashed potato	Sweetcorn	Roast potatoes Cabbage Carrots	Diced potatoes Spaghetti hoops
<u>Dessert</u>	Ice cream tubs	Rice pudding	Chocolate mousse	Jelly	Fruits of the forest muffins



Don't forget! We serve a variety of salads and jacket potatoes are always available.

And Fresh Fruit & Yoghurts!

