

RUARDEAN Autumn/Spring Menu 2023/24





























Monday (MFM)

Tuesday

Wednesday

Thursday

Friday

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| WEEK ONE 6 NOVEMBER 27 NOVEMBER 18 DECEMBER 22 JANUARY 19 FEBRUARY 11 MARCH | Option 1 | MACARONI CHEESE | BBQ CHICKEN WITH RICE  | ROAST CHICKEN with Roast Potatoes & Gravy | PASTA BOLOGNAISE with GARLIC BREAD  | FISHFINGERS with Chips & Tomato Sauce |
| | Option 2 | VEGETABLE CURRY AND RICE   | VEGAN MEATBALLS IN A TOMATO SAUCE WITH PASTA  | VEGETABLE ROAST with Roast Potatoes & Gravy  | SHEPHERDESS PIE  | VEGAN SAUSAGES with Chips & Tomato Sauce  |
| | Option 3 Jkt Pot | BEANS | CHEESE | TUNA | CHEESE | BEANS |
| | Vegetables | CAULIFLOWER AND PEAS | CARROTS & GREEN BEANS | CABBAGE & SWEDE | CARROTS & CAULIFLOWER | PEAS AND BAKED BEANS |
| | Dessert | ORANGE DRIZZLE CAKE | CINNAMON SWIRL | FRUIT JELLY & MANDARINS | TOFFEE APPLE CRUMBLE & CUSTARD | CHOCOLATE SHORTBREAD |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | | |
| WEEK TWO 13 NOVEMBER 4 DECEMBER 8 JANUARY 29 JANUARY 26 FEBRUARY 18 MARCH | Option 1 | VEGETABLE PASTA with Tomato sauce and rice   | PORK SAUSAGE with mash potato and gravy | ROAST TURKEY with Roast Potatoes & STUFFING /Gravy | CHICKEN WRAP with CUCUMBER DIP & RICE  | FISHFINGERS with Chips & Tomato Sauce |
| | Option 2 | SPINACH AND CHEESE WHIRL with CUCUMBER DIP AND WEDGES   | VEGETABLE WRAPS WITH RICE  | VEGAN SAUSAGES with Roast Potatoes & Gravy  | BBQ QUORN with RICE   | CHEESE and TOMATO FLAN with Chips |
| | Option 3 JKT POT | BEANS | CHEESE | TUNA | CHEESE | BEANS |
| | Vegetables | CAULIFLOWER AND PEAS | CARROTS & GREEN BEANS | CABBAGE AND SWEDE | CARROTS & CAULIFLOWER | PEAS & BAKED BEANS |
| | Dessert | FRUIT FLAPJACK   | LEMON ICED CAKE | FRUIT JELLY AND MANDARINS | EVES PUDDING and custard | CHOCOLATE ORANGE COOKIE |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | | |
| WEEK THREE 20 NOVEMBER 11 DECEMBER 15 JANUARY 5 FEBRUARY 4 MARCH | Option 1 | CHEESE & TOMATO PIZZA with potato wedges | CHICKEN AND BROCCOLI PASTA | ROAST GAMMON with Roast Potatoes & Gravy | COTTAGE PIE | FISHFINGERS with Chips & Tomato Sauce |
| | Option 2 | TOMATO & VEGETABLE PASTA  | LENTIL & SWEET POTATO CURRY AND RICE   | VEGAN QUORN with Roast Potatoes & Gravy  | VEGAN BURGER & WEDGES (NO BUN)  | CHEESE and RED PEPPER FRITTATA with Chips |
| | Option 3 Jkt Pot | BEANS | CHEESE | TUNA | CHEESE | BEANS |
| | Vegetables | CAULIFLOWER AND PEAS | CARROTS & GREEN BEANS | CABBAGE AND SWEDE | CARROTS & CAULIFLOWER | PEAS & BAKED BEANS |
| | Dessert | VANILLA SHORTBREAD | CHOCOLATE SPONGE with Chocolate sauce | STRAWBERRY JELLY  | FLAPJACK   | FRUITY SHORTBREAD  |

 Added Plant Power
 Vegan
 Wholemeal
 Chef's Special

Available Daily:

Bread freshly baked on site daily

Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.