

Roundwood Park: Week commencing 04/09, 25/09, 16/10, 13/11, 04/12

Lunch Menu: Week 1 Autumn Term (v) Vegetarian (v*) Vegan (H) Halal

Monday	Tuesday	Wednesday	Thursday	Friday
Cajun Chicken (Halal) Vegan Skewer (v*) Vegetable & Tumeric Rice	Teriyaki Chicken, Soybean & Vegetable Poke Bowl (Halal) Griddled Halloumi Folded Naan bread with sweet chilli & slaw (v)	Hog Roast Pork Filled Bun BBQ or plain Crispy Sage Breaded Quorn Fillet (v) Apple sauce, stuffing & gravy	Cottage Pie Halal Beef mince Vegan Sausage with Roasted Red Onions (v*) suitable non pork Rich Vegan Gravy	Fish 'n' Chip Cone Tartare sauce, ketchup & lemon Margherita Pizza Tomato & mozzarella
Vegetable & Tumeric Rice	Egg Noodles	Apple Sauce & Stuffing or BBQ	Garden Peas Baked Beans or Gravy	Mushy Peas Cherry Tomato & Rocket Salad
Roasted Cauliflower with smoked paprika	Miso Broth	Rosemary Wedges	Mashed Potato	Chunky Chips
• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)

Jacket Potato ½ or whole baked Beans (V*) Cheese (V)	Jacket Potato ½ or whole baked Beans (V*) Cheese (V)	Jacket Potato ½ or whole baked Beans (V*) Cheese (V) Tuna Mayonnaise	Jacket Potato ½ or whole baked Beans (V*) Cheese (V)	Jacket Potato ½ or whole baked Beans (V*) Cheese (V)
Penne Pasta Beef Bolognaise (Halal) Tomato & Basil sauce (V*)	Wholegrain Fusilli Pasta Pork Meatballs (Arrabbiata sauce or BBQ) Pesto Pasta (V)	Plain Pasta Beef Bolognaise (Halal) Macaroni Cheese (V)	Tri Colour Pasta Tomato & Oregano sauce(V*) <i><u>Special</u></i> Pulled Pork Bao Bun with Rice	Wholegrain Penne Pasta Pork Meatballs Arrabbiata sauce Pasta Bake (V)
Wholegrain Rice Mix Chicken Tikka (Halal) Or Vegetable Korma(V)	Wholegrain Rice Mix Chicken Korma (Halal)	Wholegrain Rice Mix Sweet & Sour chicken (Halal)	Wholegrain Rice Mix Beef chilli Nachos (Halal) Bean chilli Nachos	Wholegrain Rice Mix Thai Red Coconut Curry (Halal)

Roundwood Park: Week Commencing 11/09, 02/10, 30/10, 20/11, 11/12

Lunch Menu: Week 2 Autumn Term (v) Vegetarian (v*) Vegan (H) Halal

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken, Ginger & Black Bean Stir Fry with spring onions & sesame (Halal)	Chicken Curry Rice pilaf & Naan Bread (Halal)	Honey Mustard Roast Ham Gluten Free gravy (v)	Katsu Breaded Chicken (Halal) Katsu curry sauce	The RPS Burger Beef Burger served in a bun with lettuce, cheese & home made burger sauce!(Halal)
Oriental Vegetable Sweet & Sour Egg Noodles (v)	Smokey Chickpea & Sweet Potato chilli Mint yoghurt (v)	Falafel with Roasted Peppers (v)	Panko Breaded Aubergine Steak Katsu curry sauce	Veggie Burger Vegan mayo, pickle & burger set salad
Steamed Pak Choi	Mango Chutney Mint Yoghurt	Carrots Savoy Cabbage	Sugar Snap Peas	Red Onion Tomato & Kos Lettuce
Prawn Crackers	Naan and Rice	Marmite Roast Potatoes	Coconut Rice	Fries or Sweet Potato Wedges
• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)	• <i>Signature Wraps made to order (H)</i> • RPS Paninis • Piri Piri Chicken Naan (H)

Jacket Potato ½ or whole Baked Beans (V*) Cheese (V)	Jacket Potato ½ or whole Baked Beans (V*) Cheese (V)	Jacket Potato ½ or whole Baked Beans (V*) Cheese (V) Tuna Mayonnaise	Jacket Potato ½ or whole Baked Beans (V*) Cheese (V)	Jacket Potato ½ or whole Baked Beans (V*) Cheese (V)
Penne Pasta Beef Bolognaise (Halal) Tomato & Basil sauce (V*)	Wholegrain Fusilli Pasta Pork Meatballs Marinara Sauce or BBQ Green Pesto Pasta (V)	Tri Colour Pasta Beef Bolognaise (Halal) Mac Cheese (V)	Penne Pasta Tuna, Sweetcorn Pasta Tomato Arrabbiata Pasta sauce (V*)	Wholegrain Penne Veggie Mince Bolognaise (V) Red Pesto Pasta (V)
Wholegrain Rice Mix Chicken Korma (Halal) Or Vegetable Balti (V)	Wholegrain Rice Mix Beef Chilli Tortilla Chips (Halal)	Wholegrain Rice Mix Chicken Wings with Rice (large only) (Halal)	<u>Jambalaya</u> Cajun Chicken & Spicy Sausage rice dish	Loaded Jacket Potato Skins with Cheese & Bacon

Roundwood Park: Week Commencing 18/09, 09/10, 06/11, 27/11, 18/12

Lunch Menu: Week 3 Autumn Term (v) Vegetarian (v*) Vegan (H) Halal

Monday	Tuesday	Wednesday	Thursday	Friday
German Hot Dog Frankfurter Sausage in a bun onions, ketchup & mustard	Classic Chicken Fajita Seasoned chicken strips sautéed with peppers & onions(Halal)	Picnic Pie Creamy chicken, ham & vegetable Gluten Free Gravy (v)	Meatball Marinara Pasta bake* Meatballs in a rich tomato sauce	Fish Fingers & Chips 3 Fish Fingers, chips, peas & slaw
Pulled BBQ Jackfruit bun (v*)	Five Bean Chilli Burrito (v*)	Vegetable Lattice (v)	Open Topped Vegetable Lasagne Ratatouille topped with mozzarella (v)	Roasted Vegetable Tomato Risotto with Garlic Slice (v)
Corn On The Cob	Guacamole, Sour cream, Tomato salsa & Jalapenos shredded iceberg, grated cheese	Carrots	Broccoli	Garden Peas Asian Slaw
Red Cabbage Coleslaw	Turmeric Rice	Glazed New potatoes with chives	Garlic Slice	Skin on Chips

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Penne Pasta BBQ Pork meatballs Tomato & Basil sauce (V*)	Wholegrain Fusilli Pasta Plain Or Tomato Pasta (V*)	Wholegrain Penne Pasta Beef Bolognaise ^(Halal) Macaroni Cheese (V)	Tri Colour Pasta Ham Carbonara Pasta Pesto Pasta (V)	Wholegrain Penne Pasta Beef Bolognaise ^(Halal) Tomato Pasta Bake (v)
Wholegrain Rice Mix Chicken Tikka Curry ^(Halal) Or Vegetable Korma (v)	Wholegrain Rice Mix Nacho Chips Chilli con carne with cheese ^(Halal)	Wholegrain Rice Mix Chicken Madras ^(Halal)	Wholegrain Rice Mix Chicken Katsu curry ^(Halal)	Wholegrain Rice Mix Tortilla Chips with Nacho Cheese sauce, salsa & jalapenos (v)