



LUNCH MENU

(v) Vegetarian (v*) Vegan (H) Halal

Autumn Term WEEK 2
21/09, 12/10, 09/11, 30/11



Monday

Chicken, Ginger & Black Bean Stirfry

With spring onions & sesame (H)

Oriental Vegetable Sweet & Sour (v)

Egg noodles

Steamed Pak Choy

Prawn Crackers

Penne Pasta

Beef Bolognaise (H)

Tomato & Basil Sauce (v*)

Wholegrain Rice Mix

Chicken Korma (H)

Vegetable Balti (v)

Tuesday

Chicken Curry (H)

Rice pilaf & naan bread

Smokey Chickpea & Sweet Potato Chilli (v)

Mint yoghurt

Mango Chutney

Naan & Rice

Wholegrain Fusilli Pasta

Pork Meatballs

Macaroni Cheese (v)

Wholegrain Rice Mix

Beef Chilli (H)

Tortilla Chips

Wednesday

Honey Mustard Roast Ham

Gluten free gravy (v)

Falafel with Roasted Peppers (v)

Carrots

Savoy Cabbage

Marmite or Plain Roast Potatoes

Tri Colour Pasta

Beef Bolognaise (H)

Green Pesto

Egg Noodles

With Chicken Wings (H)

Thursday

Katsu Breaded Chicken (H)

Katsu curry sauce

Panko Breaded Vegan Quorn fillet (v*)

Katsu curry sauce

Sugar Snap Peas

Asian Slaw

Coconut Rice

Penne Pasta

Tuna Sweetcorn

Tomato Arrabiatta (v*)

Jambalaya

Cajun Chicken & Spicy Sausage

Rice

Friday

The RPS Beef Burger

In a bun with lettuce, cheese & home made burger sauce (H)

Veggie Burger (v)

Vegan mayo, pickle & burger

Red Onion, Tomato & Kos Lettuce Salad

Fries or Sweet Potato Wedges

Wholegrain Penne

Veggie Mince Bolognaise (v)

Red Pesto (v)

Loaded Jacket Potato Skins

Cheese & Bacon

Cheese & Chive (v)

Every day...

Signature Wraps made to order (H)

RPS Paninis

Piri Piri Chicken Naan (H)

Jacket Potato - with baked beans (v*) and/or cheese (v)

