

## RBWM Spring Menu 2022

### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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.

### Monday






### Tuesday

### Wednesday

### Thursday

### Friday

### Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022

Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice 	Breaded Fish with Chips & Tomato Sauce
Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice 	Vegetable Wellington with Roast Potatoes & Gravy 	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce 
Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack 	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream









Or a choice of Yoghurt & Fresh Fruit available daily

### Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022

Option 1	Macaroni Cheese	Spaghetti Bolognaise 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice 	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
Option 2	Vegetable Curry with Rice 	Vegan Spaghetti Bolognaise 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
Dessert	Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers

Or a choice of Yoghurt & Fresh Fruit available daily

### Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022

Option 1	Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice 	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
Option 2	Cheese & Tomato Pizza 	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread 

Or a choice of Yoghurt & Fresh Fruit available daily