	rncastle	Spring 2025 Menu				
PRIMARY SCHOOL		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 6th January 2025 27th January 2025	Main Meal	Pork Sausage Roll, with potato wedges	Pasta bolognese with garlic bread	Roast gammon dinner, roast potatoes and gravy	Bacon and cheese turnover with crispy diced potatoes	Fish fingers with chips
	Vegetarian Meal	Vegan sausage roll, with potato wedges	Tomato and basil pasta with garlic bread	Vegan quorn fillet, roast potatoes and gravy	Cheese and tomato pinwheels with crispy diced potatoes	Vegan nuggets with chips
	Vegetables	Peas and sweetcorn	Broccoli and carrots	Medley of seasonal vegetables	Carrots and sweetcorn	Peas or baked beans
	Carb	Seasoned wedges	Garlic bread	Roast potatoes	Crispy diced potatoes	Chips
	Dessert	Chocolate ripple ice cream roll or fruit pot	Golden oat cookie or fruit pot	Cherry cake or fruit pot	Shortbread biscuit or fruit pot	Chocolate brownie or fruit pot
Week Two 13th January 2025 3rd February 2025	Main Meal	Crispy chicken burger with potato wedges	Pork sausages with mashed potatoes and gravy	Roast chicken and stuffing with roast baby potatoes and gravy	Chicken tikka masala with rice and naan bread	Battered fish, with chips and a slice of Lemon
	Vegetarian Meal	Southern style quorn burger with potato wedges	Vegan sausages with mashed potatoes and gravy	Vegan quorn fillet with roasted baby potatoes and gravy	Spinach and chickpea masala with rice and naan bread	Cheesy quorn quesadilla wi chips
	Vegetables	Peas and cauliflower	Cabbage and carrots	Medley of seasonal vegetables	Carrots and green Beans	Peas or baked Beans
	Carb	Seasoned potato wedges	Mashed potatoes	Roasted baby potatoes	Rice and naan Bread	Chips
	Dessert	Chocolate chip cookie	Ice cream sponge roll or fruit pot	Fruit jelly or fruit pot	Chocolate chip muffin or fruit pot	Shortbread biscuit or fruit pot
Week Three 20th January 2025 10th February 2025	Main Meal	Pepperoni pizza with crispy diced potatoes	Beef lasagne with garlic bread	Roast beef, yorkshire Pudding, with roast potatoes and gravy	Crispy chicken tenders with barbecue sauce and seasoned wedges	Fish fingers with Chips
	Vegetarian Meal	Cheese and tomato pizza with crispy diced potatoes	Macaroni cheese with garlic bread	Vegan quorn fillet with roast potatoes & gravy	Smoky bean enchilada with seasoned wedges	Veggie fingers with chips
	Vegetables	Green Beans and carrots	Broccoli and cauliflower	Medley of seasonal vegetables	Corn on the cob and salad	Peas or baked beans
	Carb	Crispy diced potatoes	Garlic bread	Roast potatoes	Seasoned wedges	Chips
	Dessert	Waffle and ice cream or fruit pot	Chocolate and vanilla pinwheel biscuit or fruit pot	Apple crumble and custard or fruit pot	Iced vanilla sponge or fruit pot	Golden syrup flapjack or fruit pot

Available Daily:

- Freshly baked jacket potatoes with a choice of fillings
- Selection of sandwiches
 Fresh bread
- Cheese & crackers
 Salad selection
- Whole fresh fruit Yoghurts

Allergies:

Please contact us if you would like more information about our food. If your child has a medical dietary need or a lifestyle preference in relation to food, please contact the school office.

> WELLSPRING Catering Team We Bake A Difference