





ROYTON HALL PRIMARY SCHOOL LUNCH MENU AUTUMN/WINTER 2023/2024



Menu begins with week 1 on Monday 30th October 2023

We serve a selection of North West locally sourced seasonal produce within our menu cycle. A freshly prepared salad bar, jacket potatoes, wholemeal bread, seasonal fruits and yoghurts are available to accompany meals daily. Additionally, there is a sandwich selection available.


WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday Meat Free Day
Bangers "N" Mash Country Vegetable Rolls Crunchy Potatoes Peas/Baked Beans Jacket Potato with Various Fillings. Salad Bar	Chicken & Lentil Curry, Rice & Naan Msc Fish Fingers  Herby Diced Potatoes Broccoli & Sweetcorn Jacket Potato with Various Fillings Salad Bar	Roast Chicken & Stuffing Vegetables & Tomato Pasta with Garlic Bread Creamed/Roast Potatoes Carrots/Cauliflower Jacket Potato with Various Fillings Salad Bar	Meat & Potato Pie Quorn & Potato Pie Msc Salmon Fishcake  Potato Wedges Peas/Sweetcorn Jacket Potato with Various Fillings Salad Bar	Wholemeal Cheese & Tomato Pizza Sweet Potato and Spinach Curry with Rice Chunky Chips Mixed Vegetables Jacket Potato with Various Fillings Salad Bar
Mixed Fruit Flapjack Organic Yoghurt/Fresh Fruit	Rice Pudding with Sultanas Organic Yoghurt/Fresh Fruit	Fruity Mousse Organic Yoghurt/Fresh Fruit	Fruit Muffins Organic Yoghurt/Fresh Fruit	Oaty Biscuits Organic Yoghurt/Fresh Fruit



WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday Meat Free Day
Cottage Pie/Quorn  Oven Baked Fish Creamed Potatoes Peas/Baked Beans Jacket Potato with Various Fillings. Salad Bar	Chicken & Vegetable Cobbler Vegetarian Meatballs in a Spicy Tomato Sauce with Pasta Garlic & Herb Wedges Peas /Sweetcorn Jacket Potato with Various Fillings Salad Bar	Traditional Roast Beef & Yorkshire Pudding Cheese & Onion Pie Creamed Potatoes/Roast Potatoes Carrots/Broccoli Jacket Potato with Various Fillings Salad Bar	Spaghetti Bolognese/Quorn Bolognese & Garlic Bread Fish Fillet Burger  Crunchy Diced Potatoes Beans/Sweetcorn Jacket Potato with Various Fillings Salad Bar	Deep Pan Italian Style Pizza Vegetable Quiche Chunky Chips Medley of Vegetables Jacket Potato with Various Fillings Salad Bar
Freshly Baked Carrot Cake Organic Yoghurt/Fresh Fruit	Fruit Crumble and Custard Organic Yoghurt/Fresh Fruit	Fruit Jelly Organic Yoghurt/Fresh Fruit	Crunchy Shortbread Fingers Organic Yoghurt/Fresh Fruit	Frozen Fruit Yoghurt Organic Yoghurt/Fresh Fruit

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday Meat Free Day
Oven Baked Sausage Macaroni Cheese with Bread Roll Creamed Potatoes Sweetcorn/Peas Jacket Potato with Various Fillings. Salad Bar	Meat & Potato Pie Crispy Cod in Crumb  Herby Diced Potatoes Baked Beans/Green Beans Jacket Potato with Various Fillings Salad Bar	Roast Chicken & Stuffing Cheese & Potato Parcels Creamed/Roast Potatoes Carrots/Broccoli Jacket Potato with Various Fillings Salad Bar	Beef Stew & Dumplings Assorted Dim Sum Braised Rice/Potato Wedges Sweetcorn/Peas Jacket Potato with Various Fillings Salad Bar	Cheese & Tomato Pizza Quorn Keema Curry with Rice Chunky Oven Chips Baked Beans/Peas Jacket Potato with Various Fillings Salad Bar
Iced Fruit Sponge Fingers Organic Yoghurt/Fresh Fruit	Creamy Rice Pudding Organic Yoghurt/Fresh Fruit	Fruit Flapjack Organic Yoghurt/Fresh Fruit	Fruity Angel Whirl Organic Yoghurt/Fresh Fruit	Assorted Biscuits Organic Yoghurt/Fresh Fruit

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday Meat Free Day
Pork Meatballs in Tomato Sauce with Pasta Fish Fingers  New Potatoes Sweetcorn/Peas Jacket Potato with Various Fillings Salad Bar	Chicken Balti & Rice & Naan Cheese & Onion Pie Herby Diced Potatoes Sweetcorn/Baked Beans Jacket Potato with Various Fillings Salad Bar	Braised Steak & Onions Oven Baked Fish  Creamed Potatoes/Roast Potatoes Carrots/Broccoli Jacket Potato with Various Fillings Salad Bar	Chicken Burger on a Bun Tomato and Mascarpone Pasta with Garlic Bread Potato Wedges Mixed Vegetables Jacket Potato with Various Fillings Salad Bar	Wholemeal Cheese & Tomato Baguette Vegetable Lasagne Chunky Chips Baked Beans/Sweetcorn Jacket Potato with Various Fillings Salad Bar
Raspberry Rounds Organic Yoghurt/Fresh Fruit	Zesty Lemon Sponge and Custard Organic Yoghurt/Fresh Fruit	Fruit Jelly Organic Yoghurt/Fresh Fruit	Fruit Cheesecake Organic Yoghurt/Fresh Fruit	Ginger Biscuits Organic Yoghurt/Fresh Fruit

If you require information regarding ingredients in respect of food allergies and intolerances - PLEASE ASK.

We serve a range of organic, local and fair trade produce and high welfare chicken, meat and eggs. All our fish is on the MSC list.

75% of our dishes are freshly prepared and cooked in our school kitchen by highly trained catering staff. Nutritional guidelines are strictly followed and we do not include GM ingredients or undesirable food additives or hydrogenated fats.

Vegetarian, cultural and special dietary needs can be catered for upon request. Some information is displayed on the origin of produce.

