

ROYAL SCHOOL FOR THE DEAF

WINTER 2023

"What's for Lunch...Week 1"














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SAUSAGES QUORN SAUSAGES (V) (H)</p>  <p>JACKET POTATO WITH TUNA MAYO OR CHEESE (V)</p>	<p>SPAGHETTI BOLOGNAISE</p> <p>QUORN BOLOGNAISE (V)(H)</p>  <p>JACKET POTATOES WITH COTTAGE CHEESE</p>	<p>ROAST BEEF & GRAVY</p> <p>QUORN FILLET (V)</p>  <p>JACKET POTATO WITH COLESLAW (V)</p>	<p>BAKED FISH WITH PARSLEY SAUCE (V)</p> <p>SPICY BURGER (V)</p>  <p>JACKET POTATO WITH GRATED CHEESE (V)</p>	<p>WHOLEMEAL VEGETABLE PIZZA</p>  <p>JACKET POTATO WITH BEANS & COLESLAW (V)</p>
<p>NEW POTATOES PEAS BREAD</p> 	<p>SPAGHETTI</p> <p>GREEN BEANS</p> <p>GARLIC BREAD</p>	<p>ROAST POTATOES CABBAGE, CARROTS</p>  <p>BREAD</p>	<p>MASHED POTATOES FRESH BROCCOLI</p>  <p>BREAD</p>	<p>HASH BROWNS</p> <p>'REDUCED SUGAR/SALT' BAKED BEANS</p> 
<p>GARDEN SALADS</p>  <p>EGGS (V) TUNA MAYO</p>	<p>SALAD BAR COTTAGE CHEESE, EGGS RICE SALAD</p>	<p>GARDEN SALADS EGGS OR COLESLAW</p> 	<p>SALAD BAR</p> <p>EGGS & MINTED BEAN SALAD (V)</p>	<p>GARDEN SALADS COLESLAW OR BAKED BEANS</p>
<p>JAM SPONGE & CUSTARD</p>	<p>FRUIT, JELLY & CREAM</p> 	<p>GRAPES & MELON</p> 	<p>AUTUMN CRUMBLE & CUSTARD</p>	<p>HOMEMADE CAKE & MILK</p>



Fresh Fruit, Yogurt & Bread Available Every Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>'MEAT FREE MONDAY' PASTA (V) WITH TOMATO OR CHEESE SAUCE</p>  <p>JACKET POTATO WITH CHEESE OR COTTAGE CHEESE (V)</p>	<p>CHEFS CHOICE CHICKEN CURRY HALAL CURRY (H) QUORN CURRY (V)</p> <p>JACKET POTATO WITH TUNA MAYO & CHEESE (V) or CHICKEN CURRY</p>	<p>HOMEMADE MEATLOAF QUORN BALLS (V)</p> <p>JACKET POTATO WITH CHEESE OR CHEESE & ONION MIX (V)</p> 	<p>MINCED BEEF PIE</p> <p>QUORN & VEGETABLE PIE (V)</p>  <p>JACKET POTATO WITH COLESLAW, CHEESE (V)</p>	<p>FISHCAKES</p> <p>JACKET POTATO WITH CHEESE (V)</p> <p>JACKET POTATO WITH CHEESE & BEANS</p> 
<p>SWEETCORN & GARLIC BREAD (V)</p>	<p>PLAIN RICE GARDEN PEAS</p>  <p>WRAP OR NAAN BREAD</p>	<p>ROAST POTATOES</p>  <p>FRESH BROCCOLI & CARROTS GRAVY</p>	<p>CREAMED POTATOES BRUSSEL SPROUTS & CAULIFLOWER GRAVY</p>	<p>NEW POTATOES REDUCED SUGAR AND SALT BAKED BEANS</p>
<p>SALAD BAR COTTAGE CHEESE & HARDBOILED EGGS</p> 	<p>GARDEN SALADS EGGS OR PASTA SALAD</p> 	<p>SALAD BAR WITH EGGS, CHEESE & RICE SALAD</p> 	<p>GARDEN SALADS HARDBOILED EGGS & COLESLAW</p> 	<p>SALAD BAR WITH EGGS, HAM & CHEESE</p>
<p>FRUIT SELECTION Water melon, pineapple & grapes</p>	<p>ICE CREAM, WAFER & TINNED FRUIT</p>	<p>CHOCOLATE PUD & CHOCOLATE SAUCE</p>	<p>STARWBERRY MOUSSE & PINK WAFER</p>	<p>DOUGHNUTS & MILK</p>
 <p><i>Fresh Fruit, Yogurt & Bread - Available Every Day</i></p> 				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREADED FISH & TARTAR SAUCE & LEMON WEDGES</p>  <p>VEGGIE FINGERS (V)</p> <p>JACKET POTATO WITH CHEESE</p> 	<p>MEAT FREE NUGGETS (H) (V)</p> <p>JACKET POTATO WITH CHEESE OR BEANS</p> 	<p>COTTAGE PIE QUORN COTTAGE PIE (V)</p> <p>GRAVY</p>  <p>JACKET POTATO WITH COLESLAW OR MINCE MIX</p>	<p>PORK & CARROT MEATBALLS</p> <p>QUORN MEATBALLS (V) WITH TOMATO SAUCE OR GRAVY</p> <p>JACKET POTATO WITH TUNA MAYO & CHEESE (V)</p>	<p>HOMEMADE BURGER HALAL BURGER (H) OR QUORN BURGER (V) IN A BRIOCHE BUN</p> <p>SALSA</p>  <p>JACKET POTATO WITH CHEESE OR BEANS</p>
<p>NEW POTATOES</p> <p>PEAS</p> 	<p>MASHED POTATOES</p> <p>SWEETCORN</p>	<p>MASHED POTATOES</p> <p>CARROTS & BROCCOLI</p> 	<p>RICE</p> <p>GREEN BEANS</p>	<p>NEW POTATOES</p>  <p>BEANS</p>
<p>SALAD BAR</p> <p>HARDBOILED EGGS</p> 	<p>GARDEN SALADS</p> <p>EGGS</p> <p>POTATO SALAD</p>	<p>SALAD BAR</p> <p>COLESLAW & PASTA SALAD</p>	<p>GARDEN SALAD</p>  <p>TUNA MAYO</p>	<p>SALAD BAR</p> <p>RICE SALAD</p> <p>HAM & CHEESE</p>
<p>CREAMED RICE PUDDING & PEACH SLICES OR JAM</p>	<p>LEMON SPONGE & CUSTARD</p>	<p>"FRUITY WEDNESDAY"</p> <p>FRESH FRUIT SELECTION</p>	<p>CHEESE & CRACKERS, APPLE SLICES & GRAPES</p>	<p>HOMEMADE COOKIE & MILK</p>
 <p><i>Bread, Fresh Fruit & Yogurt - Available Every Day</i></p> 