

Ruckleigh School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lemon & Garlic Roast Chicken Thigh	Sweet & Spicy Braised Pork	Roast Topside of Beef	Pepperoni Pizza	Battered Cod Fillet
Oven Roast Garlic & Herb Quorn	Brazilian Style Sweet Potato Stew	Beetroot & Chickpea Falafel	Margherita Pizza	Quorn Dippers
Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Braised Rice Roasted Mixed Vegetables	Creamy Mashed Potato Buttered Leeks Red Cabbage	Roast Potatoes, Green Beans Yorkshire Pudding Cauliflower	Cajun Style Potato Wedges Creamed Corn	Chipped Potatoes Baked Beans Garden Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Rocket, Feta & Watermelon Sweet Potato & Black Eyed Beans	Basil Pesto Pasta Red Pepper & Cheddar Tart	Tomato, Olives & Basil Asian Style Mange Tout & Cucumber	Vegetable Sticks Whole Food salad	Apple, Parmesan & Rocket Crunchy Quinoa
Oaty Flapjack	Dark Chocolate Brownie	Pear & Date Crumble with Custard	Vanilla Rice Pudding with Strawberry Jam	Jelly & Ice-cream
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Homemade Yoghurt	Homemade Yoghurt	Homemade Yoghurt	Homemade Yoghurt	Homemade Yoghurt

