

Ruckleigh School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Baked Jacket Potato</p> <p>Baked Beans Lentil & Bean Stew</p> <p>Creamy Chicken & Sweet corn</p> <p>Coleslaw Cheddar Cheese</p>	<p>Slow Cooked Lamb & Rosemary with Puff Pastry Lid</p> <p>Spiced Lentil, Spinach & Pepper Stew with Puff Pastry Shard</p> <p>Filled Jacket Potato</p> <p>New Potatoes Cauliflower Peas</p>	<p>Roast Loin of Pork with Apple sauce</p> <p>Spanish Omelette</p> <p>Filled Jacket Potato</p> <p>Herby Diced Potatoes Cabbage Honey Roast Carrots</p>	<p>Butter Chicken Curry</p> <p>Quorn & Pineapple Curry</p> <p>Filled Jacket Potato</p> <p>Fragrant Rice Naan Bread Spinach & Lentil Dahl</p>	<p>Breaded Haddock Fillet</p> <p>Mexican Bean & Couscous stuffed Pepper</p> <p>Filled Jacket Potato</p> <p>Chipped Potatoes Baked Beans Garden Peas</p>
<p>Salad Bar</p> <p>Mediterranean Chickpea Salad Lemon & Herb Couscous</p>	<p>Salad Bar</p> <p>Sweet Corn & Tomato Cheese Straws</p>	<p>Salad Bar</p> <p>Florida Fruit Salad Spring Tabbouleh</p>	<p>Salad Bar</p> <p>Honey & Ginger Dressed Cabbage Red Onion Aioli</p>	<p>Salad Bar</p> <p>Scotch Eggs Spicy Rice</p>
<p>Eves Pudding with Fresh Cream</p> <p>Fresh Fruit</p> <p>Homemade Yoghurt</p>	<p>Spiced Orange Cupcake</p> <p>Fresh Fruit</p> <p>Homemade Yoghurt</p>	<p>Chocolate Cornflake Cracknel</p> <p>Fresh Fruit</p> <p>Homemade Yoghurt</p>	<p>Blackberry Eton Mess</p> <p>Fresh Fruit</p> <p>Homemade Yoghurt</p>	<p>Blueberry & Apple Tray Bake</p> <p>Fresh Fruit</p> <p>Homemade Yoghurt</p>