## **RIGBY HALL SCHOOL**



## **3 WEEK MENU CYCLE**

Week One  2 <sup>nd</sup> September 23 <sup>rd</sup> September 14 <sup>th</sup> October 11 <sup>th</sup> November 2 <sup>nd</sup> December	BBQ chicken pizza with cheese, beans and baby roasted potatoes OR Jacket potato with cheese and beans *** Dessert of the day	Chicken curry with rice and naan OR Quorn and tomato pasta and bread *** Dessert of the day	Roast pork and apple sauce with boiled potatoes, cauliflower and carrots OR Vegetable sausage with boiled potatoes, cauliflower and carrots *** Dessert of the day	Lasagne and wedges with coleslaw OR Cheese toastie with coleslaw *** Dessert of the day	Fish fingers with chips and beans OR Veggie burgers with chips and beans OR Rigby Sub *** Dessert of the day
9 <sup>th</sup> September 30 <sup>th</sup> September 21 <sup>st</sup> October 18 <sup>th</sup> November 9 <sup>th</sup> December	Sausage, hash browns and sweetcorn OR Veggie sausage and cheese pasta with sweetcorn *** Dessert of the day	Beef and tomato pasta with bread OR Jacket potato with cheese and beans *** Dessert of the day	Gammon with roast potatoes, broccoli and swede OR Quorn breast with roast potatoes, broccoli and swede *** Dessert of the day	Chicken strips, waffles with salad OR Macaroni cheese with salad *** Dessert of the day	Tuna, sweetcorn pasta with potato balls and peas OR Pizza with potato balls and peas OR Rigby Sub *** Dessert of the day
Week Three  16 <sup>th</sup> September 7 <sup>th</sup> October 4th November 25 <sup>th</sup> November 16 <sup>th</sup> December	Sweet & sour chicken and rice crackers OR Cheese and tomato pasta bake and bread *** Dessert of the day	Hot dog, diced potatoes with beans OR Cheese and potato pie with beans *** Dessert of the day	Cottage pie with sweetcorn and peas OR Quorn and vegetable mashed potato topped pie with sweetcorn and peas *** Dessert of the day	BBQ chicken and wedges with coleslaw OR Jacket potato with cheese and coleslaw *** Dessert of the day	Fishcakes with boiled potatoes OR Cheese omelette with boiled potatoes and spaghetti hoops OR Rigby Sub *** Dessert of the day



All meals are priced at £2.30 which includes a dessert. Meals should be paid for via Arbor. All menus comply with new food school standards. Should your child have any dietary needs please contact the school kitchen. Ham or cheese sandwiches will be available daily. Fresh fruit and yoghurt alternatives are offered as an alternative to the daily sweet choice. Menu changes due to unavoidable circumstances will be minimal.