

# SUMMER TERM MENU



ROSE HILL SCHOOL  
ROYAL TUNBRIDGE WELLS

Week 1 2nd June					
	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Main Course	Turkey Mince Bolognese	Chicken Tikka Curry	Beef Chilli	Roast Turkey Stuffing & Cranberry sauce	Breaded Fish
Vegetarian	Vegetable Bolognese	Vegetable Curry	Roasted Vegetable Chilli	Red Onion & Goats Cheese Quiche	Roasted Mediterranean Vegetables with Feta Cheese
Vegetables	Spaghetti Peas Sweetcorn	Braised Rice Broccoli	Tacos or Wraps Guacamole Carrots Green Beans	Roast potatoes Braised Cabbage & Carrots	Skin on Fries Baked Beans Peas
Dessert	Chocolate Cake	Apple Pie & Custard	Lemon Drizzle Sponge	Yoghurts with strawberries or Mango	Raspberry Jelly



ALL OF OUR MEALS ARE MADE IN HOUSE, ON THE DAY.

WE PRIDE OURSELVES ON SERVING FRESH VEGETABLES THROUGHOUT OUR LUNCH SERVICE TO ACCOMPANY THE MAIN COURSE, THESE ARE TOPPED UP REGULARLY TO ENSURE FOOD IS HOT AND IS AS FRESH AS IT CAN BE.

ALL OF OUR BASE SAUCES INCLUDE 'HIDDEN VEGETABLES' TO ENSURE THE CHILDREN ARE EATING VEGETABLES, EVEN IF THEY DO NOT KNOW IT!

WE ALSO SERVE JACKET POTATOES WITH A SELECTION OF TOPPINGS AVAILABLE FROM OUR SALAD BAR, WHICH IS PREPARED DAILY BY THE KITCHEN TEAM. A HOMEMADE VEGETARIAN SOUP IS ALSO MADE DAILY AND SERVED WITH HOMEMADE BROWN AND WHITE BREAD.

THERE IS A SELECTION OF FRESHLY CUT & WHOLE FRUIT AND YOGHURTS AVAILABLE EVERY DAY, SO THERE IS ALWAYS AN OPTION FOR DESSERT.

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Week 2 9th June					
	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13TH
Main Course	Sausage meat plait	Tomato & Basil Pasta	Chicken Pie	Roast Beef with Yorkshire pudding	Sausages
Vegetarian	Tomato & Mozzarella Plait	Basil & Spinach Pasta	Sweet Potato, Leek & Cheese Filo Pastry Pie	Red Pepper, Basil & Feta quiche	Moroccan Vegetables with cous cous
Vegetables	Green Beans	Garden Peas Sweetcorn	New Potatoes Broccoli Carrots	Savoy Cabbage & Leeks	Jacket Wedges Baked Beans & Peas
Dessert	Pineapple Cake	Chocolate sponge	Carrot cake with cream cheese topping	Banana Sponge & Custard	Ice Cream Pots



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Week 3 16th June					
	Monday 16th June	Tuesday 17th June	Wednesday 18th June	Thursday 19th June	Friday 20th June
Main Course	Meatballs with Linguine & tomato Sauce	Beef Pie	Teriyaki Chicken with Broccoli	Roast Chicken with Stuffing	Breaded Fish
Vegetarian	Spinach & Feta Bake	Roast tomatoes, Peppers & spinach with Poached eggs	Teriyaki tofu & Broccoli	Broccoli & Stilton Quiche	Savoury rice stuffed Red Pepper halves
Vegetables	Peas & Sweetcorn	Roast Baby Potatoes Sugar Snap Peas	Stir fried noodles Stir fried Vegetables	Roast potatoes Cabbage Carrots	French fries, Peas & Baked Beans
Dessert	Jam Sponge	Natural Yoghurt with Mango puree	Matcha Swiss Roll	Lemon Drizzle Flapjack	Chocolate Krispy Cake



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Week 4 Monday 23rd June					
	Monday 23rd June	Tuesday 24th June	Wednesday 25th JUNE	Thursday 26th June	Friday 27th June
Main Course	Chicken Curry	Beef Lasagne	Chicken Pie	Roast Beef with Yorkshire Pudding	Sausages
Vegetarian	Vegetable Curry	Vegetable Lasagne	Leek & Cheese Pie	Butternut squash & sage Quiche	Breaded vegetable Cakes with tomato & Coriander Salsa
Vegetables	Braised Rice Peas & Carrots	Garlic Bread Broccoli	New Potatoes Sugar Snap Peas	Roast Potatoes Savoy Cabbage & Roasted Cauliflower	Chips Peas & Baked Beans
Dessert	Lemon Sponge & Custard	Vanilla cheesecake	Apple Cake	Chocolate Brownie	Ice Cream pots



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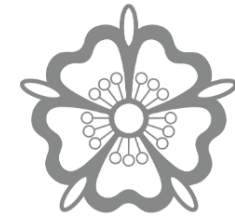
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Week 5 Monday 30th June					
Monday 30th June	Tuesday 1st July	Wednesday 2nd July	Thursday 3rd July	Friday 4th July	
Spaghetti Bolognese	Chicken Fajita	Roast Pork	School Council Choice		
Vegetable Bolognese	Roasted Chick Pea & Spring Onion Fajita	Mushroom, Cheddar & Thyme Quiche			
Spaghetti Cauliflower & Sweetcorn	Cajun Vegetables	Roast Potatoes Roasted Vegetables & broccoli			
Sticky toffee Pudding	Flapjack	Strawberry Jelly			



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