Rainbow Forge Primary Academy



































Autumn/Winter Menu Week 1

10th Nov, 1stDec, 22nd Dec, 19th Jan, 9th Feb, 2nd March, 23rd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage Roll &	Beef Taco with Corn	Roast Chicken with Gravy, Stuffing	Wholemeal Tomato & Cheese	Fish Fingers & Chips
	Home-baked Potato Wedges	Tortilla, Tomato Sauce &	& Roast Potatoes	Pizza & Tomato Pasta	
		Sunny Rice			
		*		\$	
Vegetarian Meal Option	Cheese & Onion Pastry Roll &	Italian Quorn Meatballs	Quorn Grill, Gravy, Stuffing &	Macaroni Cheese	Vegetable Fingers & Chips
	Home-baked Potato Wedges	served with Sunny	Roast Potatoes		with Ketchup ^{vg}
		Rice ^{vg}	_		
		4	5		
Vegetables	Baked Beans & Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens	British Red Tractor Garden	British Red Tractor Garden Peas
			& Carrots	Peas, Sweetcorn	Baked Beans
				are .	
		V	V		
Sandwiches	Cheese	Cheese	Cheese	Cheese	Cheese
Sandwiches	Tuna	Tuna	Tuna	Tuna	Tuna
Sandwiches	Ham	Ham	Ham	Ham	Ham
Baked Jacket Potatoes	Jacket Potato with Cheesy	Jacket Potato with Cheesy	Jacket Potato with Cheesy	Jacket Potato with Cheesy	Jacket Potato with Cheesy
	Beans, Tuna Mayo or	Beans, Tuna Mayo or	Beans, Tuna Mayo or	Beans, Tuna Mayo or	Beans, Tuna Mayo, Cheese,
	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans	Salmon Mayo, or Beans
	5	4	5	5	5
Dessert	Vanilla Shortbread vg	Chocolate & Pear Crumble vg	Strawberry Jelly ^{vg}	Oaty Cookie	Vanilla Ice Cream
	& Chocolate Sauce	& Custard		-	
		Sex		Say.	

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt











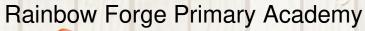
















































Autumn/Winter Menu Week 2

27th Oct, 17th Nov, 8th Dec, 5th Jan, 26th Jan, 16th Feb, 9th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY		
Main Meal Option	Pork Sausage & Mash with	Beef Pasta Bolognese &	Roast Gammon with	Wholemeal Margherita Pizza &	Fish Fingers & Chips		
	Gravy	Garlic Bread	Gravy, Yorkshire Pudding &	Sunny Rice			
		4	Roast Potatoes				
Vegetarian Meal Option	Veggie Sausage & Mash	Plant-based Pasta Bolognese	Quorn Grill, Gravy,	Macaroni Cheese	Cheese Flan & Chips		
	with Gravy ^{vg}	& Garlic Bread	Yorkshire Pudding & Roast				
			Potatoes				
	\$		4				
Vegetables	Broccoli, Sweetcorn	Broccoli, Cauliflower & Carrots	Seasonal Greens	British Red Tractor Garden	British Red Tractor Garden		
	or Baked Beans		& Carrots	Peas, or Sliced Carrots	Peas, Baked Beans		
Sandwiches	Cheese	Cheese	Cheese	Cheese	Cheese		
Sandwiches	Tuna	Tuna	Tuna	Tuna	Tuna		
Sandwiches	Ham	Ham	Ham	Ham	Ham		
Baked Jacket Potatoes	Jacket Potato with Cheesy	Jacket Potato with Cheesy	Jacket Potato with Cheesy	Jacket Potato with Cheesy	Jacket Potato with Cheesy		
Duneu Jacket i Otatocs	Beans, Tuna Mayo or Cheese	Beans, Tuna Mayo or	Beans, Tuna Mayo or	Beans, Tuna Mayo or Cheese	Beans, Tuna Mayo or Cheese		
	or Beans	Cheese or Beans	Cheese or Beans	or Beans	or Beans		
	L 24	L 24	L 2/2	L Z	L 24		
	V	V	V		V		
Dessert	Shortbread Pin Wheels	Chocolate Fudge Cake	Apple Crumble ^{vg} & Custard	Flapjack ^{VG}	Chocolate Mousse		
	& Fruit Slices ^{vg}						
	50%		GOX				

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt









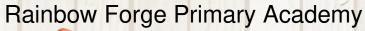














































Autumn/Winter Menu Week 3

3rd Nov, 24th Nov, 15th Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY	
Main Meal Option	BBQ Chicken & Rice	Mild Chicken Curry served with Mixed Rice	Roast Chicken with Gravy, Stuffing & Mashed Potato	Margherita Pizza with Home- baked Potato Wedges	Beef Burger with Chips	
Vegetarian Meal Option	Sweet & Sour Vegetables & Sunny Rice ^{vg}	Spinach & Sweet Potato Curry vg	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Pasta Carbonara	Cheese Flan	
		\$	\$			
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans	
Sandwiches	Cheese	Cheese	Cheese	Cheese	Cheese	
Sandwiches	Tuna	Tuna	Tuna	Tuna	Tuna	
Sandwiches	Ham	Ham	Ham	Ham	Ham	
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	
	\$	\$	\$	\$	\$	
Dessert	Chocolate Oaty Slice ^{vg}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices vg	Iced Sponge Cake Topped with a Glace Cherry	

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt



















