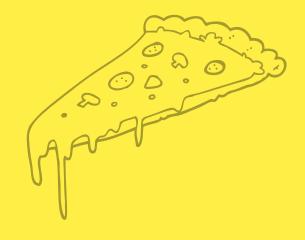




King's Academy Rowner



Week commencing – 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 17th Mar 2025

MONDAY

Red - Sweet potato and chickpea curry served with rice **Green** - Mac 'n' cheese served with garlic bread

TUESDAY

Red – Sausage roast dinner served with roast potatoes and vegetables **Green** – Quorn sausage roast dinner served with roast potatoes and vegetables

WEDNESDAY

Red – Chilli with nachos and cheese **Green** – Cheese pizza and chips

THURSDAY

Red – Meatballs and pasta served in a home-made tomato sauce

Green – Quorn meatballs and pasta served in a homemade tomato sauce

FRIDAY

Red – Fish fingers, chips and peas or beans Green – Quorn burger, chips and peas or beans

Jacket potatoes are also available every day, served with cheese, beans or tuna mayonnaise.

A range of desserts are included. The cost is £3.00 per person, please ensure there is sufficient funds in SCOPAY before ordering. Parents are welcome to order in advance through SCOPAY if they wish to, otherwise children will choose in class.