

Junior sch Menu Nov 16 - April 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
Pasta Bolognese with Garlic Bread Green Beans	Sweet & Sour Chicken Balls Rice	Roast Gammon Roast Potatoes Parsley Sauce Cauliflower Cheese Veg of Day	Mild Chicken Korma Naan Bread Rice	Fish Fingers Chips Baked Beans/ Peas
Vegetarian Pasta Lemon Drizzle Cake or Fresh Fruit	Quorn Sweet and Sour Fruit Crumble and Custard or Fresh Fruit	Quorn Roast Apple and Cinamon Steam Pudding with Vanilla Sauce or Fresh Fruit	Vegetable Korma Angel Delight or Fresh Fruit	Macaroni Cheese Iced Sponge or Fresh Fruit
WEEK 2				
Beef Chilli with Rice Green Beans	Chicken Casserole Fresh Crusty Bread	Roast Pork Roast Potatoes Apple Sauce Cauliflower Cheese Veg of Day	Pizza with Wedges Sweetcorn	Sausages Chips Baked Beans Peas
vegetarian chilli Apple Flapjack or Fresh Fruit	Quorn Casserole Shortbread Finger with Fresh Yoghurt Dip or Fresh Fruit	Quorn Roast Jam Sponge and Custard or Fresh Fruit	Rice Pudding or Fresh Fruit	Macaroni Cheese Frozen Yoghurt or Fresh Fruit
WEEK 3				
Lasagne Garlic Bread Green Beans	Sausage and Mash Gravy Peas	Roast Chicken Roast Potatoes Stuffing Cauliflower Cheese Veg of Day	Pasta Day Selection of Pasta Dishes	100% Beef Burger in a Bun Chips Peas Baked Beans Macaroni Cheese
Vegetarian Lasagne Chocolate Sponge Chocolate Sauce or Fresh Fruit	Vegetarian sausage Fruit Crispy Bar or Fresh Fruit	Quorn Roast Apple Crumble with Custard or Fresh Fruit	Ice Cream or Fresh Fruit	Homemade Cookies or Fresh Fruit

Fresh Salad, Bread Fresh Fruit, Yoghurts, Fresh Milk and Water Available Daily

All Dietary Needs are Catered for therefore alternative Nutritional Foods will be given when necessary
 Pork will be substituted with Chicken for dietary requirements only

Jacket Potatoes are available every day as a PRE-ORDERED option to the Main Menu Sandwiches are ONLY available at Parent Request, again PRE-ORDERED
