

Junior School Menu - Week One

Apr 15, May 6, Jun 3, Jun 24

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal one	Steamed vegetable rice, topped with YOUR choice of...	Macaroni with YOUR choice of sauce Bacon & sweetcorn Simple chicken & pea	Roast chicken Yorkshire pudding	Simple beef lasagne	Breaded MSC fish goujons Vegetable pinwheel
Meat meal two	Chicken, tomato & basil Chunky roast vegetables, split pea & tomato	Classic cheese	Cheddar & Tomato Turnover Skin on roast potatoes Skin on roast roots Steamed broccoli trees	Gnocchi with simple tomato sauce & mini mozzarella balls	Shoestring fries Garden peas Baked beans
On the side	Spring greens & prawn crackers	Carrots, crushed pea & simple salad	Proper gravy	Garlic bread, honey roast carrots & steamed corn	Tartare Ketchup
Dessert	Gluten free Apple crumble & custard	Fresh cut fruit & yoghurt	Chocolate marble cake with whipped cream	Fresh cut fruit & yoghurt	Vegan banana & strawberry strudel with vanilla yoghurt
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt
Jacket Potato & sandwich bar	All with a choice of beans, cheese, ham or tuna				

Junior School Menu - Week Two

Apr 22, May 13, Jun 10, Jul 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal one	Creamy turkey & pea with 50/50 penne pasta	Slow roast mild chicken fajitas with peppers & onions (on the side!)	Roast Gammon or chicken Yorkshire puddings	Soft roll with beef, chicken or Quorn burger topped with Sweet & sticky onions	Battered MSC fish fillets
Main meal two	Cauliflower cheese with parmesan crumble top	Roast vegetable, fruit chutney & goats cheese tarts	Roasted vegetable puff pastry pin wheel Crispy roast potatoes	BBQ baked beans	Fishless fingers Chunky baked chips Smashed peas Home baked beans
On the side	Home baked loaf, spring cabbage & carrots	Steamed rice, iceberg lettuce & cucumber sticks	Steamed peas & carrots Proper gravy	Skin on wedges simple salads corn cobs Baked beans	Tartare ketchup
Dessert	Chocolate brownie with cream & strawberries	Fresh cut fruit & yoghurt	Ice cream	Fresh cut fruit & yoghurt	Berry meringue mess pots
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt
Jacket Potato & sandwich bar	All with a choice of beans, cheese, ham or tuna				

Junior School Menu - Week Three

Apr 29, May 20, Jun 17, Jul 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal one	Pork & Vegan Sausages Mashed! 50/50 sweet potato mash Steamed peas & mini carrots Proper gravy ketchups	50/50 Penne pasta with YOUR sauce.. Beef bolognaise Creamy roast vegetable & pesto Garlic bread Simple salad with cucumber & cherry tomatoes	Roast Chicken with Yorkshire pudding Sage & onion stuffing Cheddar, tomato & spinach turnover "Skin on" roast potatoes "Skin-on" roast root vegetables Steamed broccoli trees Proper gravy	Mild Fruity turkey, lentil & tikka curry with mini naan	<u>Top your own pizza</u> Pepperoni Bacon crumb BBQ chicken Tuna flakes Sweetcorn Pineapple Skin on fries Classic coleslaw Corn on the cob
Meat meal two				Sweet potato curry	
On the side				50/50 rice, steamed cauliflower, crispy cabbage	
Dessert	Chocolate pudding	Fresh cut fruit & yoghurt	Fruit ice lolly	Fresh cut fruit & yoghurt	Vegan iced sponge with frosting
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt
Jacket Potato & sandwich bar	All with a choice of beans, cheese, ham or tuna				