



Menu for Junior School 2017-18

(Subject to change)

FRESH BREAD SERVED DAILY AND SELF SELECTION SALAD BAR

A SELECTION SERVED FROM THE FOLLOWING DAILY:
CHEESE & BISCUITS
YOGURTS,
FRESH FRUIT

(R) = RED CHOICE (Meat)

(G) = GREEN CHOICE (Vegetarian)

(B) = BLUE BAND (Jacket potato choice / Wrap)



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Ham & Pineapple Pizza (R) -- Vegetable Pizza (G) -- Jacket Potato with Tuna & Sweetcorn (B) -- New potatoes or Pasta -- Baked Beans or Peas -- Rice Crispy Slice or Apple Crumble & Custard	Roast Pork (R) -- Sticky Quorn (G) -- Veg Crumble (B) -- Roast Potatoes -- Cabbage or Carrots -- Fruity Topped Cheesecake or Ice Cream	Baked Sausages (R) -- Quorn Sausages (G) -- Jacket Potato with Coronation Chicken (B) -- Mashed potato -- Swede or Sweetcorn -- Pineapple Upside Down Sponge and Custard or Banana Muffins	Sweet 'n' Sour Chicken (R) -- Vegetarian Sweet 'n' Sour (G) -- Egg Wrap (B) -- Rice -- Peas or Runner Beans -- Oat Biscuit or Jelly	Fishcakes (R) -- Veg Stir Fry (G) -- BBQ Flat Bread (B) -- Chipped Potatoes -- Sweetcorn or Spaghetti -- Rainbow Cake with sprinkles
WEEK 2	Pepperoni Pinwheels (R) -- Cheese and Broccoli Pasta (G) -- Jacket Potato with Cheese (B) -- Pasta or Jacket Potato Halves -- Baked Beans or Sweetcorn -- Apple and Blackberry Crumble & Custard or Fruit Meringue Delight	Roast Chicken (R) -- Roast Veg Wrap (G) -- Jacket Potato with Garlic Chicken (B) -- Roast Potatoes & Yorkshire Puddings -- Carrots or Broccoli -- Orange Topped Tray Bake or Jelly	Shepherds Pie (R) -- Quorn Korma (G) -- Chicken and Veg Fajitas (B) -- Mash or Wedges -- Mixed Vegetables -- Chocolate Sponge and Chocolate Sauce or Vanilla Ice Cream	Breaded Chicken (R) -- Veg Nuggets (G) -- Ham Baguette (B) -- Wedges or Pasta -- Beans or Sweetcorn -- Fruity Flapjack or Cherry 'n' Choc Jumbles	Fish Fingers (R) -- Quorn Korma (G) -- Roasted Veg Wraps (B) -- Chipped Potatoes or Waffles -- Spaghetti or Peas -- Assorted Cupcakes
WEEK 3	Beef Curry (R) -- Cheese & Tomato Pizza (G) -- Jacket Potato with Tuna (B) -- Pasta or Rice -- Baked Beans or Sweetcorn -- Chocolate Chip Brownies or Banana Whip	Roast Gammon (R) -- Veggie Puff (G) -- Cheese Wrap (B) -- Roast Potatoes & Yorkshire Puddings -- Cabbage or Broccoli -- Rhubarb Crumble & Custard or Rocky Road	Beef Stew and Dumplings (R) -- Vegetable Stew (G) -- Jacket Potato with Chicken Mayo (B) -- New Potatoes -- Mixed Veg -- Shortbread or Lime Jelly	Hunters Chicken (R) -- Macaroni Cheese (G) -- Veggie Burgers in a bun (B) -- Diced Potatoes or New Potatoes -- Runner Beans or Carrots -- Marble Cake & vanilla sauce or Mixed Fruit Muffins	Baked Sausages (R) -- Quorn Sausages (G) -- Vegetable Chilli & Rice (B) -- Chipped Potatoes or Waffles -- Baked Beans or Peas -- Assorted Biscuits