



**Menu for
Junior School
2018-19**
(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	Beef Curry (R) -- Cheese Pizza (G) -- Egg Mayo Wrap (B) -- Pasta or Rice -- Baked Beans or Sweetcorn -- Rice Crispy Cake or Crumble & Custard	Roast Pork (R) -- Vegetarian Moussaka (G) -- Jacket Potato with Tuna (B) -- Roast Potatoes -- Carrots or Cauliflower -- Vanilla Ice Cream Pot or Strawberry Meringue Delight	Hunters Chicken (R) -- Stuffed Peppers (G) -- Jacket Potato with Cheese (B) -- Rice -- Peas or Green Beans -- Flapjack or Rice Pudding	Bolognese (R) -- Sticky Quorn (G) -- Cheese Wrap (B) -- Pasta -- Mixed Vegetables -- Fruit Jelly or Chocolate Chip Shortbread	Fish Fingers (R) -- Vegetable Curry (G) -- Tomato Pasta Bake (B) -- Chipped Potatoes or Waffles -- Baked Beans or Peas -- Cupcakes or Raspberry Mousse
WEEK 2	Meatballs in gravy (R) -- Pizza Pinwheels (G) -- Jacket Potato with Cheese & Beans (B) -- Pasta -- Baked Beans or Sweetcorn -- Choc 'n' Pear Sponge & custard or Strawberry Ice Cream Pot	Roast Chicken (R) -- Quorn Sausages (G) -- Tuna Wrap (B) -- Roast Potatoes -- Broccoli or Carrots -- Fruity Cheesecake or Toffee Mousse	Beef Stew and Dumplings (R) -- Vegetable Nuggets (G) -- Gammon Baguette (B) -- New Potatoes -- Mixed Vegetables -- Chocolate Brownies or Jelly	Sticky Chicken (R) -- Vegetable Wrap (G) -- Jacket Potato with Chilli (B) -- Garlic Potatoes or Rice -- Green Beans or Diced Carrots -- Eve's Pudding & Custard or Raspberry & Strawberry Crunch	Battered Fish (R) -- Veggie Burger (G) -- Bacon Puff (B) -- Chipped Potatoes or Hash Browns -- Spaghetti Hoops or Sweetcorn -- Toffee Apple Muffins or Trifle
WEEK 3	Pepperoni Pizza (R) -- Vegetarian Bolognese (G) -- Jacket Potato with Tuna (B) -- Pasta -- Baked Beans or Diced Carrots -- Apple Crumble & Custard or Choc 'n' Lemon Mousse	Roast Beef (R) -- Vegetable Fajitas (G) -- Jacket Potato with Garlic Chicken (B) -- Roast Potatoes -- Carrots or Honey Roasted Parsnips -- Chocolate Crunch Cake or Ice Cream Pot	Sausage Pasta (R) -- Vegetable Stir Fry (G) -- Ham Wrap (B) -- Croquette Potatoes -- Mixed Vegetables -- Bananas & Custard or Assorted Biscuits	Breaded Chicken with Paprika Mayo (R) -- Stuffed Jacket Skins with Cheese and Onion (G) -- Vegetable Sweet 'n' Sour (B) -- Wedges -- Cauliflower Cheese or Peas -- Choc 'n' Cherry Muffins or Carrot Cake	Fishcakes (R) -- Vegetable Nuggets (G) -- BBQ Flat Bread (B) -- Chipped Potatoes or Waffles -- Beans or Peas -- Fruity Flapjack or Jelly