



Menu for Junior School 2018-19

(Subject to change)

FRESH BREAD SERVED
DAILY AND SELF
SELECTION SALAD BAR
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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                                                                                                                                                                                                    |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WEEK 1</b> | Meatballs in Tomato Sauce (R)<br>~~<br>Cheese Pizza (G)<br>~~<br>Jacket Potato with Tuna (B)<br>~~<br>Pasta<br>~~<br>Baked Beans or Sweetcorn<br>~~<br>Rocky Road Tiffin<br>or<br>Apple Crumble & Custard  | Roast Chicken & Stuffing (R)<br>~~<br>Quorn Sausage (G)<br>~~<br>Cheese Wrap (B)<br>~~<br>Roast Potatoes<br>~~<br>Swede or Carrots<br>~~<br>Eton Mess<br>or<br>Toffee Chocolate Mousse                                   | Sticky Chicken (R)<br>~~<br>Veggie Nuggets (G)<br>~~<br>Salmon & Cucumber Baguettes (B)<br>~~<br>Herby Potatoes or Wedges<br>~~<br>Peas or Runner Beans<br>~~<br>Banoffee Crunch<br>or<br>Jelly       | Ham 'n' Mac & Cheese (R)<br>~~<br>Tomato Pasta Bake (G)<br>~~<br>Jacket Potato with Garlic Chicken (B)<br>~~<br>Garlic Bread<br>~~<br>Mixed Veg<br>~~<br>Muffins<br>or<br>Chocolate Ice Cream | Jumbo Fish Fingers (R)<br>~~<br>Vegetable Fajitas (G)<br>~~<br>BBQ Chicken Wrap (B)<br>~~<br>Chipped Potatoes or Waffles<br>~~<br>Sweetcorn or Baked Beans<br>~~<br>Assorted Biscuits<br>or<br>Shortbread |
| <b>WEEK 2</b> | BBQ Chicken Pizza (R)<br>~~<br>Vegetable Pizza (G)<br>~~<br>Egg Mayo Wrap (B)<br>~~<br>Pasta<br>~~<br>Baked Beans or Sweetcorn<br>~~<br>Golden Cracknell Cake<br>or<br>Chocolate Mousse                    | Roast of the Day (R)<br>~~<br>Sticky Quorn Pieces (G)<br>~~<br>Jacket Potato with Chilli (B)<br>~~<br>Roast Potatoes<br>~~<br>Cabbage & Carrots<br>~~<br>Cherry Cheesecake<br>or<br>Vanilla Ice Cream                    | Chicken Korma (R)<br>~~<br>Cheese & Onion Quiche Puff (G)<br>~~<br>Jacket Potato with Cheese (B)<br>~~<br>Rice or Pasta<br>~~<br>Mixed Vegetables<br>~~<br>Marble Shortbread<br>or<br>Fruity Flapjack | Baked Sausages (R)<br>~~<br>Vegetable Hot Pot (G)<br>~~<br>Ham Salad Baguette (B)<br>~~<br>Wedges<br>~~<br>Peas or Sweetcorn<br>~~<br>Chocolate Sponge with Chocolate Sauce<br>or<br>Jelly    | Fishcake (R)<br>~~<br>Veggie Burger in a Homemade Bun (G)<br>~~<br>Melted Cheese Wrap (B)<br>~~<br>Chipped Potatoes or Waffles<br>~~<br>Spaghetti Hoops or Peas<br>~~<br>Assorted Muffins                 |
| <b>WEEK 3</b> | Ham 'n' Sweetcorn Pizza (R)<br>~~<br>Vegetable Sweet & Sour (G)<br>~~<br>Cheese Wrap (B)<br>~~<br>Pasta or Rice<br>~~<br>Baked Beans or Diced Carrots<br>~~<br>Jambo Biscuits<br>or<br>Chocolate Milkshake | Roast Pork (R)<br>~~<br>Quorn Sausage & Tomato Pasta Bake (G)<br>~~<br>Tuna & Cucumber Wrap (B)<br>~~<br>Roast Potatoes<br>~~<br>Carrot Batons or Cauliflower<br>~~<br>Toffee Apple Crunch<br>or<br>Strawberry Ice Cream | Chicken Chow Mein (R)<br>~~<br>Vegetarian Curry (G)<br>~~<br>Hunters Chicken Baguette (B)<br>~~<br>Rice<br>~~<br>Mixed Veg<br>~~<br>Lemon Drizzle Cake<br>or<br>Syrup Sponge & Custard                | Lasagna (R)<br>~~<br>Vegetable Wrap (G)<br>~~<br>Jacket Potato with Coronation Chicken (B)<br>~~<br>Pasta<br>~~<br>Peas or Sweetcorn<br>~~<br>St Clements Tray Bake<br>or<br>Carrot Cake      | Baked Sausages (R)<br>~~<br>Vegetable Nuggets (G)<br>~~<br>BBQ Flat Bread (B)<br>~~<br>Chipped Potatoes or Waffles<br>~~<br>Spaghetti Hoops or Peas<br>~~<br>Chocolate/Banana Mousse<br>or<br>Jelly       |