




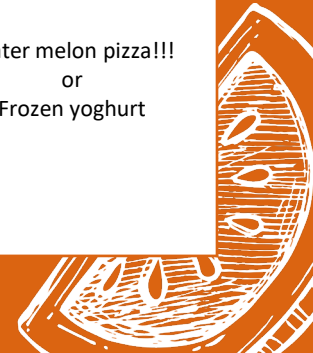
**JUNIOR  
SCHOOL**

# LUNCH

Sept 2, Sept 23, Oct 14, Nov 11, Dec 2

 All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

MENU WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL ONE</b>	<p>"Top it off" Margherita pizza With a choice of toppings</p>	<p>Swedish Meat balls with Creamy mash and Onion Gravy</p>	<p><u>Roast of the week</u> <u>With all the trimmings</u></p>	<p><b>Beef lasagna</b>  <b>Or</b> <b>Allergy free pasta bake</b></p>	<p>Fish fingers</p>
<b>MAIN MEAL TWO</b>	<p>Gluten free penne pasta in a tomato sauce</p>	<p>Macaroni cheese</p>	<p>Cheese &amp; tomato puff pastry pinwheel</p>		<p>Fishless fingers</p>
<b>JACKET POTATO &amp; SANDWICH BAR</b>	<p>All with a choice of beans, cheese, ham or tuna</p>				
<b>ON THE SIDE</b>	<p>Sauté potatoes Caesar salad Green Garden salad</p>	<p>Tortilla crisps Peas &amp; sweetcorn</p>	<p>Crispy roast potatoes Broccoli and cauliflower Baby carrots</p>	<p>Garlic bread slice Homemade coleslaw Tomato salad</p>	<p>Skinny fries Garden peas</p>
<b>DESSERT</b>	<p>Gluten free fresh fruit crumble</p>	<p>Ice cream tub or a rocket lolly</p>	<p>Pick a pot! Fruit pots/jelly pots Banana &amp; custard</p>	<p>Chocolate sponge With chocolate sauce</p>	<p>Water melon pizza!!! or Frozen yoghurt</p>
<b>Allergen free</b>	<p>Chocolate cookie</p>		<p>Vanilla sponge</p>		





**JUNIOR SCHOOL**

# LUNCH

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Sept 9, Oct 1, Oct 21, Nov 18, Dec 9

MENU WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL ONE</b>	Beef bolognaise with gluten free pasta	A mild chicken and mango curry served on a bed of rice	Roast of the week Served with Yorkshire pudding and a delicious gravy	Wrap it up! Tortilla wrap choose from BBQ Chicken or Tuna and sweetcorn	Battered fish filet
<b>MAIN MEAL TWO</b>	Gnocchi (fluffy potato pillows) served in a Tomato and basil sauce	Macaroni cheese topped with cherry tomatoes	Roasted vegetable and tomato puff pastry tart	Quorn stir fry vegetables	Fishless fingers
<b>JACKET POTATO &amp; SANDWICH BAR</b>	All with a choice of beans, cheese, ham or tuna				
<b>ON THE SIDE</b>	Garlic bread Sweetcorn & steamed carrots	Poppadoms Steamed greens & carrots	Crispy roast potatoes Steamed broccoli & peas	Skin on crisps Creamy coleslaw Garden salad	Skinny fries Garden peas Tomato ketchup
<b>DESSERT</b>	Fresh fruit & flavored yoghurts	Shortbread	Iced sponge	Fresh fruit jelly pots	Smoothie bar
<b>Allergen free</b>		Rice krispie cakes	Vanilla iced sponge		Chocolate cake





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MENU WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL ONE</b>	Brunch lunch sausage & bacon Breakfast Omelet	Ham and Sweetcorn Penne Pasta bake	Roast of the week Served with crispy roast potatoes Cauliflower and broccoli cheese Topped with a Yorkshire pudding	Soup and sandwich day Classic tomato soup Fresh baked baguette Choose your filling Home cooked gammon Roasted chicken & mayonnaise	<u>Everyone loves a nugget 100% chicken pieces coated in a crispy batter</u>
<b>MAIN MEAL TWO</b>	Quorn sausages	Penne pasta mixed in a tomato sauce topped off with grilled cheese	Cheese and tomato pin wheels	Egg mayonnaise Or Grated cheese	Jacket potato skins filled with roasted vegetables
<b>JACKET POTATO &amp; SANDWICH BAR</b>	All with a choice of beans, cheese, ham or tuna				
<b>ON THE SIDE</b>	Hash browns Baked beans & roasted tomato	Fresh garden salad Trio of vegetables	Golden crispy roast potatoes Spring greens & carrots	Skin on crisps Homemade coleslaw Fresh green salad	Skinny fries Seasonal salad bar
<b>DESSERT</b>	Apricot flapjack bites	Fresh fruit & flavored yoghurts	Chocolate sponge with chocolate sauce	Banana and blueberry Muffin tray Bake	Fresh fruit pavlova pots
<b>Allergen free</b>	Shortbread		Chocolate cake		Jelly

