




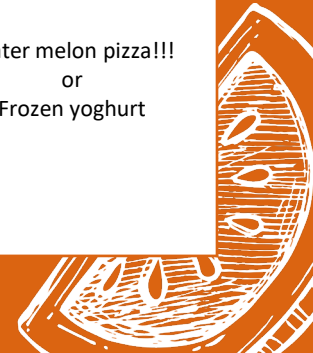
JUNIOR SCHOOL

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
MAIN MEAL ONE	<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>Beef lasagna Or Allergy free pasta bake</p>	<p>Fish fingers</p>
MAIN MEAL TWO	<p>Gluten free penne pasta in a tomato sauce</p>	<p>Macaroni cheese</p>	<p>Cheese & tomato puff pastry pinwheel</p>		<p>Fishless fingers</p>
JACKET POTATO & SANDWICH BAR	<p>All with a choice of beans, cheese, ham or tuna</p>				
ON THE SIDE	<p>Sauté potatoes Caesar salad Green Garden salad</p>	<p>Tortilla crisps Peas & 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>
DESSERT	<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 & custard</p>	<p>Chocolate sponge With chocolate sauce</p>	<p>Water melon pizza!!! or Frozen yoghurt</p>
Allergen free	<p>Chocolate cookie</p>		<p>Vanilla sponge</p>		





Week One	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day & home baked bread				
MAIN COURSE ONE	 Carbonara Pasta with or without bacon in a cream sauce finished with a parsley and parmesan crumb	Chicken masala Chicken in a rich thick mild curry sauce served with pilau rice and a garlic naan	 Lasagna Beef mince in a rich tomato sauce layered between pasta sheets finished with a bechamel sauce and topped with grated mozzarella	Miso Ramen with shredded meat or Shredded Egg, Asian Vegetables and rice noodles	Chicken nuggets
MAIN COURSE TWO	Stuffed peppers filed with mixed beans & tomato sauce	Sweet potato & spinach hash	Vegetable lasagna		Skinny Goat Cheese, sweet pepper & basil pizza
ON THE SIDE	Italian Herb Bread Trio of steamed vegetables	Poppadoms Sag aloo	Garlic slice Steamed broccoli and carrot	Prawn crackers & spring rolls	Skin on fries Classic coleslaw Corn & pea mix
JACKETS	Jacket potato bar with a changing selection of toppings, beans, cheese or tuna mayo				
PASTA	Pasta of the day with either smoked salmon cream, pesto, cheese, or arrabbiata sauces changing daily				
DESSERTS	Rice Krispy cake	Dorset apple cake with cinnamon cream	Carrot & parsnip cake	Selection of dessert pots	Apricot oatty crumble
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	Apple & blackberry
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	Seasonal platter

SALAD BAR

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

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIMPLE SALADS	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges	Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges	Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges
COMPOSITE SALADS	Pesto pasta New potato salad with chives	Beef tomato & basil pasta Classic coleslaw	Shaved pear, broccoli & blue cheese "Odds & ends" herby penne pasta	Roast pepper, courgette & tomato pasta Classic coleslaw	Baked squash & lemon courgette with cumin seed dressing Broccoli stem & cauliflower coleslaw
PROTEINS	Selection of Ham, cheese, tuna or chicken pots				
DRESSINGS	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard
TOPPINGS	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes