



JUNIOR SCHOOL

LUNCH

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

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

MENU WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL ONE	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
MAIN MEAL TWO	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
JACKET POTATO & SANDWICH BAR	All with a choice of beans, cheese, ham or tuna				
ON THE SIDE	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
DESSERT	Fresh fruit & flavored yoghurts	Shortbread	Iced sponge	Fresh fruit jelly pots	Smoothie bar
Allergen free		Rice krispie cakes	Vanilla iced sponge		Chocolate cake





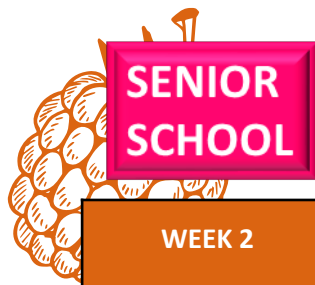
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WEEK TWO	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day & home baked bread				
MAIN COURSE ONE	Spaghetti bolognaise	 Grilled chicken thigh Shredded jack fruit bon bons Add your spice: Eastern spice mix Aromatic bang Vietnamese slaw with lime & chilli Bangkok noodles with Thai spice, soy & ginger	Roast beef brisket with horseradish & apple gravy	Korean pulled pork Green bean & coconut curry Wrap it: Tortilla wrap Coconut & lime rice Kimchi guacamole Korean gochujang house slaw Wedges with chilli & lime salt	Breaded MSC pollack with lemon wedges & tomato relish
MAIN COURSE TWO	 Potato gnocchi with basil pesto		Broccoli & haricot bean frittata with goat's cheese cream		Breaded halloumi with tomato & pineapple salsa
ON THE SIDE	Garlic bread Seasonal vegetables		Sauté new potatoes, steamed green beans, & roast carrots		French fries, BBQ baked beans, steamed petit pois
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 arrabiata sauces changing daily				
DESSERTS	Sticky toffee pudding with toffee sauce	Dark chocolate & melted milk cake	Iced sponge	Apple & forest fruit Crumble	Raspberry & white chocolate traybake
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	Apple & blackberry
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	Seasonal platter



SALAD BAR

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WEEK 2	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	Caesar salad with parmesan & croutons Pea, lemon & spinach pasta	Roast tomato & broccoli pasta Classic Greek salad	Skin-on" baked butternut squash & sage pasta Rocket, cheery tomato & parmesan	Celery and apple salad Roasted pepper, chickpea & courgette pasta	Roasted pepper & courgette Pesto pasta
PROTEINS	Selection of Ham, cheese, tuna or chicken pots				
DRESSINGS	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island
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

