

## Joydens Wood Infant School Menu

Week One				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Tandoori chicken & minted yoghurt dip	<u>Main</u> Mince beef bolognaise & garlic bread	<u>Main</u> Roast gammon & apricot stuffing	<u>Main</u> Turkey breast chunks in pitta bread with garlic & chive dip	<u>Main</u> Breaded cod fillet
<b>Mk, Ce</b>	<b>G, Mk, Ce</b>	<b>G</b>	<b>G, Ce, Mk</b>	<b>G, F</b>
<u>Vegetarian</u> Tandoori quorn fillet & minted yoghurt dip	<u>Vegetarian</u> Roast courgette & butternut bolognaise	<u>Vegetarian</u> Cheese & potato puff	<u>Vegetarian</u> Roasted vegetables & haloumi in pitta bread with garlic and chive dip	<u>Vegetarian</u> Sweet potato & roasted chilli rigatoni
<b>Mk, So, Ce</b>	<b>Ce</b>	<b>G, Mk, E</b>	<b>G, Ce, Mk</b>	<b>G</b>
<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Penne pasta	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Sliced baked rosemary potato	<u>Carbohydrate</u> Oven chips
<b>G</b>	<b>G</b>	<b>G</b>	<b>G</b>	<b>G</b>
<u>Vegetables</u> Garden peas Steamed carrots	<u>Vegetables</u> Steamed broccoli Sweetcorn	<u>Vegetables</u> Roast courgette Savoy cabbage	<u>Vegetables</u> Sweetcorn Roast mushrooms	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Caramel apple slice & natural yoghurt	<u>Dessert</u> Rhubarb crumble & custard	<u>Dessert</u> Blueberry Mousse	<u>Dessert</u> Chocolate orange cupcake	<u>Dessert</u> Fresh fruit salad & ice cream
<b>Mk, G</b>	<b>G, Mk</b>	<b>Mk</b>	<b>G, Mk, E</b>	<b>Mk</b>
Week One - 04/09/2017, 25/09/2017, 16/10/2017, 13/11/2017, 4/12/2017				

Week Two				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Ham & tomato pasta	<u>Main</u> Sausage meat plait	<u>Main</u> Roast beef & Yorkshire pudding	<u>Main</u> Grilled chicken breast Sundried tomato drizzle	<u>Main</u> Cod fishfinger
<b>G, Mk</b>	<b>G, E</b>	<b>G, E, Mk</b>	<b>Ce</b>	<b>G, F</b>
<u>Vegetarian</u> Spinach fusilli in a low fat cheese sauce	<u>Vegetarian</u> Sweet potato & chive plait	<u>Vegetarian</u> Mozzarella stuffed mushrooms	<u>Vegetarian</u> Quorn fillet Sundried tomato drizzle	<u>Vegetarian</u> Vegetable breaded finger
<b>Mk, G</b>	<b>G, E</b>	<b>Mk, Ce</b>	<b>So, Ce</b>	<b>G, Ce</b>
<u>Carbohydrate</u> Garlic bread	<u>Carbohydrate</u> Oven baked potato wedges	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Braised basil infused rice	<u>Carbohydrate</u> Oven chips
<b>G, Mk</b>	<b>G</b>	<b>G</b>	<b>G</b>	<b>G</b>
<u>Vegetables</u> Broccoli Roast carrots	<u>Vegetables</u> Baked beans Garden peas	<u>Vegetables</u> Cauliflower Roast butternut	<u>Vegetables</u> Sweetcorn Stir-fried peppers	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Creamy rice pudding & fruit coulis	<u>Dessert</u> Jam tart & custard	<u>Dessert</u> Angel Delight	<u>Dessert</u> Chocolate sponge & chocolate sauce	<u>Dessert</u> Fresh fruit jelly
<b>Mk</b>	<b>G, Mk</b>	<b>Mk</b>	<b>G, E, Mk</b>	<b>G</b>
Week Two - 11/09/2017, 02/10/2017, 30/10/2017, 20/11/2017, 11/12/2017				

Week Three				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Pork sausage & Yorkshire pudding	<u>Main</u> Beef burger	<u>Main</u> Breaded chicken	<u>Main</u> Ham & chicken pasta bake	<u>Main</u> Cod fillet burger & tartare sauce
<b>G, E, Mk</b>	<b>Ce, G</b>	<b>G</b>	<b>G, Mk</b>	<b>G, E, F</b>
<u>Vegetarian</u> Vegetable sausage & yorkshire pudding	<u>Vegetarian</u> Vegetarian burger	<u>Vegetarian</u> Breaded quorn	<u>Vegetarian</u> Quorn & basil pasta bake	<u>Vegetarian</u> Haloumi & mushroom burger
<b>G, E, Mk</b>	<b>Ce, G</b>	<b>G</b>	<b>G, Mk</b>	<b>Mk, G</b>
<u>Carbohydrate</u> Creamy mash potato	<u>Carbohydrate</u> Wedges	<u>Carbohydrate</u> Oven chips	<u>Carbohydrate</u> Garlic bread	<u>Carbohydrate</u> Oven chips
<b>G</b>	<b>G</b>	<b>G</b>	<b>G, Mk</b>	<b>G</b>
<u>Vegetables</u> Braised carrots Garden peas	<u>Vegetables</u> Peas Carrots	<u>Vegetables</u> Beans Peas	<u>Vegetables</u> Steamed broccoli Sweetcorn	<u>Vegetables</u> Baked beans Garden peas
<u>Dessert</u> Iced sponge	<u>Dessert</u> Ice cream	<u>Dessert</u> Cup cake	<u>Dessert</u> Steamed fruit sponge & custard	<u>Dessert</u> Oaty cookies
<b>G, E, Mk</b>	<b>Mk</b>	<b>E, G, Mk</b>	<b>E, G, Mk</b>	<b>E</b>
Week Three - 18/09/2017, 09/10/2017, 06/11/2017, 27/11/2017, 18/12/2017				

Jacket potatoes and salad alternatives available				
All our dishes are homemade using fresh ingredients, modified recipies - reducing sugar and fat where appropriate				
Allergy concerns provided for				
ALLERGENS				
Ce - celery	F - fish	Mk - milk	N - nuts	So - soya
Cr - crustacean	G - cereals (gluten)	Mo - molluses	P -peanuts	Su - sulphur dioxide
E - eggs	L - lupin	Mu - mustard	Se - sesame seeds	