

Joydens Wood Infant School Menu

Week One				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> BBQ Sticky Pork	<u>Main</u> Home Breadcrd Chicken Breast Strips & Homemade Ketchup	<u>Main</u> Roast Beef & Yorkshire Pudding	<u>Main</u> Homemade Ham & Tomato Pizza	<u>Main</u> Battered Cod Fillet
	G, Mk, E	G, Mk, E, Su	G, Mk	G, F
<u>Vegetarian</u> BBQ Potato Wedges & Mozzarella	<u>Vegetarian</u> Breaded Quorn Strips & Homemade ketchup	<u>Vegetarian</u> Caramalised Butternut Squash & Thyme Casserole	<u>Vegetarian</u> Homemade Cheese & Tomato Pizza	<u>Vegetarian</u> Vegetable Rissotto
Mk	G, So	Ce	G, Mk	Mk
<u>Carbohydrate</u> Noodles	<u>Carbohydrate</u> Braised Rice	<u>Carbohydrate</u> Boiled Potato	<u>Carbohydrate</u> Sweet Potato Fries (oven baked)	<u>Carbohydrate</u> Oven Chips
G				
<u>Vegetables</u> Sweetcorn Broccoli	<u>Vegetables</u> Gardens Peas Grated Carrot	<u>Vegetables</u> Steamed Carrots Broccoli	<u>Vegetables</u> Sweetcorn Roasted Courgette	<u>Vegetables</u> Gardens Peas Baked Beans
<u>Dessert</u> Caramel Apple Crumble & Natural Yoghurt	<u>Dessert</u> Apricot Shortbread Biscuit	<u>Dessert</u> Chocolate Mousse	<u>Dessert</u> Fruity Flapjack	<u>Dessert</u> Parsnip & Orange Cake
Mk, G	G	Mk		G, Mk, E
Week One - 19/2, 12/3, 16/4, 7/5				

Week Two				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Pork Sausage & Yorkshire Pudding	<u>Main</u> Beef Bolognaise	<u>Main</u> Roast Lamb & Redcurrant Stuffing	<u>Main</u> Nando Style Chicken & Mango Salsa	<u>Main</u> Fish Cakes
G, Mk, E, Su	G, Su	G		G, F
<u>Vegetarian</u> Vegetable Sausage & Yorkshire Pudding	<u>Vegetarian</u> Tomato & Basil Bolognaise	<u>Vegetarian</u> Cauliflower Cheese Bake	<u>Vegetarian</u> Nando Style Quorn Fillet & Mango Salsa	<u>Vegetarian</u> Sweet Potato & Corn Pancakes
G, Mk, E	G, Ce	G, Mk	So, Ce	G, Mk, E
<u>Carbohydrate</u> Mashed Potato	<u>Carbohydrate</u> Garlic Bread	<u>Carbohydrate</u> Roast Potato	<u>Carbohydrates</u> Steamed Rice	<u>Carbohydrate</u> Oven Chips
	G, Mk			
<u>Vegetables</u> Carrot Batons Garden Peas	<u>Vegetables</u> Roast Butternut Squash Cauliflower	<u>Vegetables</u> Steamed Sliced Carrots Green Beans	<u>Vegetables</u> Sweetcorn Oven Baked Courgette Sticks	<u>Vegetables</u> Gardens Peas Baked Beans
<u>Dessert</u> Chocolate & Beetroot Sponge & Custard	<u>Dessert</u> Creamy Rice Pudding & Fruit Coulis	<u>Dessert</u> Fruity Yoghurt Layer Pot	<u>Dessert</u> Carrot Cake	<u>Dessert</u> Oaty Raisin Slice
G, Mk, E	Mk	Mk	Mk, G, E	
Week Two - 26/2, 19/3, 14/5				

WEEK 3				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Mild Chicken Curry & Naan Bread	<u>Main</u> Mince Beef Italian Meatballs & Tomato Sauce	<u>Main</u> Roast Turkey & Sage & Onion Stuffing	<u>Main</u> Sausagemeat Plait & Tomato Chutney	<u>Main</u> Breaded Cod Fillet Square
G	G, Su	G	G, E	G, F
<u>Vegetarian</u> Sweet Potato & Chick Pea Curry & Naan Bread	<u>Vegetarian</u> Italian Lentil Balls & Tomato Sauce	<u>Vegetarian</u> Roasted Vegetable Filled Yorkshire	<u>Vegetarian</u> Cheese & Potato Pastry Slice	<u>Vegetarian</u> Vegetable Quarter Pounder
Ce, G	G, Ce	G, Mk, E	G, Mk, E	G
<u>Carbohydrate</u> Steamed Rice	<u>Carbohydrates</u> Penne Pasta	<u>Carbohydrate</u> Roasted Potatoes	<u>Carbohydrate</u> Sweet Potato Wedges	<u>Carbohydrate</u> Oven Chips
	G			
<u>Vegetables</u> Broccoli Carrot Batons	<u>Vegetables</u> Green Beans Sweetcorn	<u>Vegetables</u> Cauliflower Garden Peas	<u>Vegetables</u> Sweetcorn Baked Beans	<u>Vegetables</u> Baked Beans Garden Peas
<u>Dessert</u> Pear & Chocolate Crunch & Chocolate Sauce	<u>Dessert</u> Butternut & Orange Squash Cupcake	<u>Dessert</u> Lemon & Sultana Cookie	<u>Dessert</u> Fresh Fuit Salad & Ice Cream	<u>Dessert</u> Fruit Cheesecake
Mk, G	Mk, G, E	G, Mk, E	Mk	Mk, G
Week Three - 5/3, 26/3, 30/4, 21/5				

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 - molluscs	P -peanuts	Su - sulphur dioxide
E - eggs	L - lupin	Mu - mustard	Se - sesame seeds	