

Joydens Wood Infant School Menu

Week One - 03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018, 3/12/18

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Chicken breast battered burger in a bun G	<u>Main</u> Beef bolognaise & garlic bread G, Su, Mk	<u>Main</u> Roast loin of pork, apple sauce & sage and onion stuffing G	<u>Main</u> Pork sausage & yorkshire pudding Su, G, E, Mk	<u>Main</u> Ham & cheese pizza G, Mk, Ce (dairy free option available)
<u>Vegetarian</u> Vegetarian style burger in a bun G	<u>Vegetarian</u> Quorn mince bolognaise & garlic bread Ce, G, Mk	<u>Vegetarian</u> Roast quorn fillet, apple sauce & sage and onion stuffing So, G, E	<u>Vegetarian</u> Vegetarian sausage & yorkshire pudding G, E, Mk, So	<u>Vegetarian</u> Cheese & tomato pizza G, Mk, E
<u>Carbohydrate</u> Mini rosti bites	<u>Carbohydrate</u> Penne pasta G	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Mini potato waffle	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Sweetcorn Baked peppers	<u>Vegetables</u> Cauliflower Courgette - lightly fried	<u>Vegetables</u> Garden peas Carrot batons	<u>Vegetables</u> Broccoli Steamed carrots	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Pear and chocolate crumble & chocolate sauce Mk, G	<u>Dessert</u> Chocolate and raspberry brownie G, Mk, E	<u>Dessert</u> Frozen fruit yoghurt Mk	<u>Dessert</u> Bakewell tart (nut free) & custard G, Mk, E	<u>Dessert</u> Fruit jelly

Week One - 03/09/2018, 24/09/2018, 15/10/2018, 12/11/18, 3/12/2018

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Sausage meat plait G, E, Su	<u>Main</u> Mild chicken tikka wrap & minty yoghurt dip G, Mk	<u>Main</u> Roast chicken & yorkshire pudding G, E, Mk	<u>Main</u> Sweet and sour turkey balls G	<u>Main</u> Breaded chicken goujon G
<u>Vegetarian</u> Cheese and potato plait G, Mk, E	<u>Vegetarian</u> Quorn tikka wrap & minty yoghurt dip G, Mk, So, E	<u>Vegetarian</u> Savoury quorn filled yorkshire pudding Mk, G, E, So	<u>Vegetarian</u> Sweet and sour vegetable balls G, E, Ce	<u>Vegetarian</u> Breaded Quorn goujon G, So
<u>Carbohydrate</u> Oven baked potato wedges	<u>Carbohydrate</u> Braised rice	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Noodles E	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Baked beans Grated carrot	<u>Vegetables</u> Sweetcorn Broccoli	<u>Vegetables</u> Roasted carrots Cauliflower	<u>Vegetables</u> Sautéed courgettes Sweetcorn	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Ice cream tub & strawberry sauce Mk	<u>Dessert</u> Courgette and lime cupcake G, Mk, E	<u>Dessert</u> Fresh fruit compote yoghurt pot Mk	<u>Dessert</u> Fruity sunshine bar	<u>Dessert</u> Ginger and lemon iced slice G, E, Mk

Week Two - 10/09/2018, 01/10/2018, 29/09/2018, 19/11/18, 10/12/18

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Grilled chicken breast strips, garlic bread & garlic dip G, Mk	<u>Main</u> Italian beef meatballs & tomato sauce Ce, Su	<u>Main</u> Roast turkey & thyme stuffing G	<u>Main</u> Slow cooked BBQ pork & pitta bread G	<u>Main</u> Mini gammon steak N/A
<u>Vegetarian</u> Garlic and herb quorn strips, garlic bread & garlic dip E, So, Mk, G	<u>Vegetarian</u> Italian lentil balls & tomato sauce Ce	<u>Vegetarian</u> Macaroni cheese G, Mk	<u>Vegetarian</u> BBQ halloumi & pitta bread Mk, G	<u>Vegetarian</u> Breaded vegetable cake G, Ce, E
<u>Carbohydrate</u> Savoury bulgur wheat	<u>Carbohydrate</u> Penne pasta G	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Grated carrots Cucumber salad	<u>Vegetables</u> Carrot batons Garden peas	<u>Vegetables</u> Broccoli Cauliflower	<u>Vegetables</u> Green beans Sweetcorn	<u>Vegetables</u> Baked beans Garden peas
<u>Dessert</u> Toffee and banana cake G, E, Mk	<u>Dessert</u> Plum crumble & ice cream Mk, G	<u>Dessert</u> Fruity flapjack G	<u>Dessert</u> Chocolate and beetroot sponge & chocolate sauce G, Mk, E	<u>Dessert</u> American pancakes with blueberries & maple syrup G, E, Mk

Week Three - 17/09/2018, 08/10/2018, 5/11/2018, 26/11/2018, 17/12/2018

Sandwiches, jacket potatoes, salad and fresh fruit alternatives available daily
All our dishes are homemade using fresh ingredients and recipes are modified to reduce sugar and fat where we can

Allergy concerns catered 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	