

Joydens Wood Infant School Menu

Week One - 31/12/18, 21/01/19, 11/2/19, 11/03/19, 01/04/19

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Sausage meat plait and homemade ketchup	<u>Main</u> Turkey breast burger in sandwich thin	<u>Main</u> Roast beef and Yorkshire pudding	<u>Main</u> BBQ chicken	<u>Main</u> Ham & cheese pizza
Su, E, G	G	G, Su, Mk, E	G, Ce	G, Mk, Ce (dairy free option available)
<u>Vegetarian</u> Cheese and potato puff	<u>Vegetarian</u> Vegetarian style burger in sandwich thin	<u>Vegetarian</u> Roasted vegetable risotto	<u>Vegetarian</u> BBQ Quorn	<u>Vegetarian</u> Cheese & tomato pizza
G, E, Mk	G, So	Mk	Ce, So, E	G, Mk, E
<u>Carbohydrate</u> Herby diced potato	<u>Carbohydrate</u> Homemade potato wedges	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Egg noodles	<u>Carbohydrate</u> Oven chips
			E, G	
<u>Vegetables</u> Broccoli Steamed carrots	<u>Vegetables</u> Sweetcorn Coleslaw	<u>Vegetables</u> Roast Parsnips Butternut squash	<u>Vegetables</u> Baton carrots Beansprout stir fry	<u>Vegetables</u> Sweetcorn Baked beans
<u>Dessert</u> Blueberry meringue and ice cream	<u>Dessert</u> Fruit Yoghurt	<u>Dessert</u> Flapjack	<u>Dessert</u> Iced slice	<u>Dessert</u> Chocolate and pear crumble and chocolate sauce
Mk, E	Mk	G	G, Mk, E	G, Mk

Week Two - 07/01/19, 28/01/19, 25/02/19, 18/03/19

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Bacon & tomato fusilli	<u>Main</u> Nando's style chicken & fruity salsa	<u>Main</u> Roast chicken breast	<u>Main</u> Beef casserole filled Yorkshire pudding	<u>Main</u> Breaded chicken goujons
G, Ce	Ce		So, Mk, E, G	G
<u>Vegetarian</u> Tomato & basic fusilli	<u>Vegetarian</u> Nando's style Quorn & fruity salsa	<u>Vegetarian</u> Cheese pie	<u>Vegetarian</u> Quorn & roast vegetable casserole & Yorkshire pudding	<u>Vegetarian</u> Breaded Quorn goujons
G, Ce	So, E, Ce	Mk, Ce		G, So, E
<u>Carbohydrate</u> Garlic bread	<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Non-dairy buttered potatoes	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Sweetcorn Broccoli	<u>Vegetables</u> Garden peas Honey glazed carrots	<u>Vegetables</u> Green peas Cauliflower	<u>Vegetables</u> Baton carrots Broccoli	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Rice pudding & fruit coulis	<u>Dessert</u> Berry fool	<u>Dessert</u> Fruity oat bar	<u>Dessert</u> Fresh fruit salad & Greek yoghurt	<u>Dessert</u> Carrot & apple cake
Mk	Mk	G	Mk	G, E, Mk

Week Three - 14/01/19, 04/02/19, 04/03/19, 25/03/19

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Pork sausage & hidden vegetable gravy	<u>Main</u> Beef bolognaise	<u>Main</u> Roast turkey & Yorkshire pudding	<u>Main</u> Mild chicken curry	<u>Main</u> Mini gammon steak
Su	Su	G, E, Mk	N/A	N/A
<u>Vegetarian</u> Vegetable sausage	<u>Vegetarian</u> Quorn mince bolognaise	<u>Vegetarian</u> Roast Quorn & Yorkshire pudding	<u>Vegetarian</u> Sweet potato falafel	<u>Vegetarian</u> Spinach & ricotta tortellini & tomato sauce
Ce	So, E		E	G, Mk
<u>Carbohydrate</u> Mashed potato	<u>Carbohydrate</u> Penne pasta & garlic bread	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Baton carrots Garden peas	<u>Vegetables</u> Sweetcorn Cauliflower	<u>Vegetables</u> Broccoli Carrots	<u>Vegetables</u> Cauliflower Garden peas	<u>Vegetables</u> Baked beans Broccoli
<u>Dessert</u> Chocolate surprise sponge & chocolate sauce	<u>Dessert</u> Fruit yoghurt	<u>Dessert</u> Shortbread biscuit	<u>Dessert</u> Strawberry ripple mousse	<u>Dessert</u> Orange & raspberry cupcake
G, E, Mk	Mk	G	Mk	G, E, Mk

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	

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
<u>Mk, Ce</u> <u>Vegetarian</u> Tandoori quorn fillet & minted yoghurt dip	<u>G, Mk, Ce</u> <u>Vegetarian</u> Roast courgette & butternut bolognaise	<u>G</u> <u>Vegetarian</u> Cheese & potato puff	<u>G, Ce, Mk</u> <u>Vegetarian</u> Roasted vegetables & haloumi in pitta bread with garlic and chive dip	<u>G, F</u> <u>Vegetarian</u> Sweet potato & roasted chilli rigatoni
<u>Mk, So, Ce</u>	<u>Ce</u>	<u>G, Mk, E</u>	<u>G, Ce, Mk</u>	<u>G</u>
<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
<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> Blueberry shortbread	<u>Dessert</u> Rhubarb crumble & custard	<u>Dessert</u> Fruit coulis & yoghurt	<u>Dessert</u> Chocolate orange cupcake	<u>Dessert</u> Fresh fruit salad & ice cream
<u>G</u>	<u>G, Mk</u>		<u>G, Mk, E</u>	<u>Mk</u>

Week One - 04/01/2018, 22/01/2018, 19/02/2018

Jacket potatoes and salad alternatives available

All our dishes are homemade using fresh ingredients, modified recipes - reducing sugar and fat where appropriate

Allergy concerns provided for

ALLERGENS				
<u>Ce</u> - celery	<u>F</u> - fish	<u>Mk</u> - milk	<u>N</u> - nuts	<u>So</u> - soya
<u>Cr</u> - crustacean	<u>G</u> - cereals (gluten)	<u>Mo</u> - molluscs	<u>P</u> - peanuts	<u>Su</u> - sulphur dioxide
<u>E</u> - eggs	<u>L</u> - lupin	<u>Mu</u> - mustard	<u>Se</u> - sesame seeds	

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
<u>G</u>	<u>G, E</u>	<u>G, E, Mk</u>	<u>Ce</u>	<u>G, F</u>
<u>Vegetarian</u> Courgette & tomato pasta	<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
<u>G</u>	<u>G, E</u>	<u>Mk, Ce</u>	<u>So, Ce</u>	<u>G, Ce</u>
<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
<u>G, Mk</u>				
<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> Strawberry fool	<u>Dessert</u> Chocolate sponge & chocolate sauce	<u>Dessert</u> Fresh fruit jelly
<u>Mk</u>	<u>G, Mk</u>	<u>Mk</u>	<u>G, E, Mk</u>	

Week Two - 08/01/2018, 29/01/2018, 26/02/2018

Jacket potatoes and salad alternatives available

All our dishes are homemade using fresh ingredients, modified recipes - reducing sugar and fat where appropriate

Allergy concerns provided for

ALLERGENS				
<u>Ce</u> - celery	<u>F</u> - fish	<u>Mk</u> - milk	<u>N</u> - nuts	<u>So</u> - soya
<u>Cr</u> - crustacean	<u>G</u> - cereals (gluten)	<u>Mo</u> - molluscs	<u>P</u> - peanuts	<u>Su</u> - sulphur dioxide
<u>E</u> - eggs	<u>L</u> - lupin	<u>Mu</u> - mustard	<u>Se</u> - sesame seeds	

Week Three				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Pork sausage & Yorkshire pudding	<u>Main</u> Beef burger in a bun	<u>Main</u> Roast chicken & sage and onion stuffing	<u>Main</u> Nando style chicken & mango salsa	<u>Main</u> Cod fillet burger & tartare sauce
<u>G, E, Mk</u>	<u>Ce, G, So</u>	<u>G</u>	<u>Vegetarian</u>	<u>G, E, F</u>
<u>Vegetarian</u> Vegetable sausage & yorkshire pudding	<u>Vegetarian</u> Vegetarian burger in a bun	<u>Vegetarian</u> Roast vegetable frittata	<u>Vegetarian</u> Nando style quorn fillet & mango salsa	<u>Vegetarian</u> Haloumi & mushroom burger
<u>G, E, Mk</u>	<u>Ce, G, So</u>	<u>E, Ce</u>		<u>Mk, G</u>
<u>Carbohydrate</u> Creamy mash potato	<u>Carbohydrate</u> Oven baked potato wedges	<u>Carbohydrate</u> Roast potato	<u>Carbohydrate</u> Garlic bread	<u>Carbohydrate</u> Oven chips
			<u>G, Mk</u>	
<u>Vegetables</u> Braised carrots Garden peas	<u>Vegetables</u> Baked beans Sweetcorn	<u>Vegetables</u> Roast parsnip Butternut squash	<u>Vegetables</u> Steamed broccoli Sweetcorn	<u>Vegetables</u> Baked beans Garden peas
<u>Dessert</u> Apple & sultana cake	<u>Dessert</u> Fresh fruit salad & Greek yoghurt	<u>Dessert</u> Honey buns	<u>Dessert</u> Chocolate mousse (reduced sugar)	<u>Dessert</u> Oaty cookies
<u>G, E, Mk</u>	<u>Mk</u>	<u>E, G, Mk</u>	<u>Mk</u>	<u>E</u>

Week Three - 15/01/2018, 05/02/2018

Jacket potatoes and salad alternatives available

All our dishes are homemade using fresh ingredients, modified recipes - reducing sugar and fat where appropriate

Allergy concerns provided for

ALLERGENS				
<u>Ce</u> - celery	<u>F</u> - fish	<u>Mk</u> - milk	<u>N</u> - nuts	<u>So</u> - soya
<u>Cr</u> - crustacean	<u>G</u> - cereals (gluten)	<u>Mo</u> - molluscs	<u>P</u> - peanuts	<u>Su</u> - sulphur dioxide
<u>E</u> - eggs	<u>L</u> - lupin	<u>Mu</u> - mustard	<u>Se</u> - sesame seeds	