

Joydens Wood Infant School Menu

Week One - 6 May, 3 Jun, 24 Jun, 15 Jul				
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 chicken and Yorkshire pudding	<u>Main</u> BBQ chicken	<u>Main</u> Ham & cheese pizza
Su, E, G	G	G, Cg, Mk	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 - 22 Apr, 13 May, 1 Jul				
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 and Yorkshire pudding	<u>Main</u> Mediterranean turkey breast chunks & garlic dip	<u>Main</u> Breaded chicken goujons (dairy free option available)
G, Ce	Ce	G, Ce, Mk	Mk, Ce	Mk, G
<u>Vegetarian</u> Tomato & basic fusilli	<u>Vegetarian</u> Nando's style Quorn & fruity salsa	<u>Vegetarian</u> Cheese pie	<u>Vegetarian</u> Mediterranean Quorn chunks & garlic dip	<u>Vegetarian</u> Breaded Quorn goujons
G, Ce	So, E, Ce	Mk, Ce	G, Mk, E, Ce	G, So, E
<u>Carbohydrate</u> Garlic bread	<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Pitta bread	<u>Carbohydrate</u> Oven chips
Mk, G (dairy free option available)			G	
<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> Chocolate marble slice	<u>Dessert</u> Fruity oat bar	<u>Dessert</u> Fresh fruit salad & Greek yoghurt	<u>Dessert</u> Carrot & apple cake
Mk	E, G	G	Mk	G, E, Mk

Week Three - 29 Apr, 20 May, 17 Jun, 8 Jul				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Pork sausage & hidden vegetable gravy	<u>Main</u> Beef bolognaise	<u>Main</u> Roast chicken and Yorkshire pudding	<u>Main</u> Chicken tikka served with optional masala sauce	<u>Main</u> Beefburger in a bun
Su	Su	G, Cg, Mk	G, Mk, Ce	G, Su, Mk
<u>Vegetarian</u> Vegetable sausage	<u>Vegetarian</u> Quorn mince bolognaise	<u>Vegetarian</u> Roast Quorn & Yorkshire pudding	<u>Vegetarian</u> Vegetable Samosa	<u>Vegetarian</u> Spinach & ricotta tortellini & tomato sauce
Ce	So, E	So, E, G, Mk	Ce, G	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
	G, Mk			
<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 jelly	<u>Dessert</u> Orange & raspberry cupcake
G, E, Mk	Mk	G		G, E, Mk

Pasta, 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				
Packed lunches available to order by texting 07725 769896 BEFORE 9.15am with child's name/class and their choice of sandwich filling - cheese or ham				
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	