

Joydens Wood Infant School

Week One – 2 Sep, 23 Sep, 14 Oct, 11 Nov, 2 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Sausage & Yorkshire pudding Su Ce G E Mk	<u>Main</u> Chicken pasta bake Ce G Mk	<u>Main</u> Roast chicken & Yorkshire pudding G E Mk Ce	<u>Main</u> Mild mince beef chilli with grated cheese Su Mk	<u>Main</u> Ham & cheese pizza G Mk Su
<u>Vegetarian</u> Vegetable sausage & Yorkshire pudding Ce G E Mk	<u>Vegetarian</u> Cheese pasta bake Ce G Mk	<u>Vegetarian</u> Breaded Quorn fillets & Yorkshire pudding Ce G Mk E So	<u>Vegetarian</u> Quorn mince chilli and vegan cheese Ce So	<u>Vegetarian</u> Cheese & tomato pizza G Mk Ce
<u>Carbohydrate</u> Mashed potato	<u>Carbohydrate</u> Garlic bread G Mk	<u>Carbohydrate</u> Roast potatoes or rice	<u>Carbohydrate</u> Rice and tortilla wrap G	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Baton carrots Garden peas	<u>Vegetables</u> Broccoli Sweetcorn	<u>Vegetables</u> Cauliflower Roast parsnip	<u>Vegetables</u> Garden peas Sweetcorn	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Fruity oat slice G	<u>Dessert</u> Creamy rice pudding & fruit compote Mk	<u>Dessert</u> Chocolate & beetroot cake with chocolate sauce G Mk E	<u>Dessert</u> Fresh fruit selection	<u>Dessert</u> Cherry rock cake G E

Week Two – 9 Sep, 30 Sep, 28 Oct, 18 Nov, 9 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Jerk chicken & Tomato salsa Ce	<u>Main</u> Minced beef & Potato pie Su Ce	<u>Main</u> Roast chicken & Yorkshire pudding G E Mk Ce	<u>Main</u> Lamb ragu Su Ce	<u>Main</u> Breaded chicken goujon E G Mk
<u>Vegetarian</u> Savoury pancakes Ce E Mk	<u>Vegetarian</u> Quorn mince & Potato pie Ce So	<u>Vegetarian</u> Cheese bruschetta Mk G	<u>Vegetarian</u> Roast tomato penne G Ce	<u>Vegetarian</u> Quorn goujons E G Mk
<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Mashed potato	<u>Carbohydrate</u> Roast potatoes Rice	<u>Carbohydrate</u> Penne pasta Garlic bread G Mk	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Sweetcorn Mange tout	<u>Vegetables</u> Carrots Garden peas	<u>Vegetables</u> Cauliflower Broccoli	<u>Vegetables</u> Oven roast courgette and pepper	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Apple crumble & custard G Mk	<u>Dessert</u> Fruit yoghurt Mk	<u>Dessert</u> Strawberry jelly	<u>Dessert</u> Cheese chunks & biscuits Mk G	<u>Dessert</u> Iced slice Mk G E

Week Three – 16 Sep, 7 Oct, 4 Nov, 25 Nov, 16 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Sausage plait Su G Ce	<u>Main</u> Turkey breast kebab & Pitta bread G Ce	<u>Main</u> Roast chicken & Yorkshire pudding G E Mk Ce	<u>Main</u> Chicken fajita & Garlic dip G Mk Ce	<u>Main</u> Pork sausage hot dogs Su G
<u>Vegetarian</u> Cheese & potato slice G Ce Mk	<u>Vegetarian</u> Halloumi kebabs & Pitta bread G Ce Mk	<u>Vegetarian</u> Tomato & mozzarella tart G Ce Mk	<u>Vegetarian</u> Quorn strip fajitas & Garlic dip G E Mk So	<u>Vegetarian</u> Vegetarian sausage hot dog G
<u>Carbohydrate</u> Potato wedges	<u>Carbohydrate</u> Cous cous	<u>Carbohydrate</u> Roast potatoes Rice	<u>Carbohydrate</u> Steamed rice	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Baked beans Cucumber	<u>Vegetables</u> Baton carrots Garden peas	<u>Vegetables</u> Broccoli & carrots	<u>Vegetables</u> Sweetcorn Peppers	<u>Vegetables</u> Baked beans Garden peas
<u>Dessert</u> Pear & chocolate crumble & custard Mk G	<u>Dessert</u> Jam tart & custard Mk G E	<u>Dessert</u> Flapjack G	<u>Dessert</u> Fresh fruit & ice cream Mk	<u>Dessert</u> Fruit scone Mk G

Pasta, jacket potatoes, salad and fresh fruit alternatives available daily

Our dishes are homemade using fresh ingredients; recipes are modified to reduce sugar and fat where possible

All allergy concerns are catered for

Packed lunches are available to order [by texting 07544725314](tel:07544725314) 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	