

Joydens Wood Infant School

Week One – 6 Jan, 27 Jan, 24 Feb, 16 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Fusilli style pasta with chicken sauce Su Ce G Mk	<u>Main</u> Breast of lamb chunks kebab Su Ce	<u>Main</u> Roast chicken breast & Yorkshire pudding Su G E Mk	<u>Main</u> Beef bolognaise Su Ce	<u>Main</u> Ham & cheese pizza G Mk Su
<u>Vegetarian</u> Fusilli style pasta with tomato sauce or grated cheese Ce G Su Mk	<u>Vegetarian</u> Quorn & roast vegetable kebabs E Ce	<u>Vegetarian</u> Cheesy stuffed jacket potato Ce Mk	<u>Vegetarian</u> Quorn mince bolognaise Ce E	<u>Vegetarian</u> Cheese & tomato pizza G Mk Ce
<u>Carbohydrate</u> Garlic bread	<u>Carbohydrate</u> Rice & pitta bread G	<u>Carbohydrate</u> Roast potatoes or rice	<u>Carbohydrate</u> Penne pasta Garlic bread G	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Sweetcorn Broccoli	<u>Vegetables</u> Carrots Peas	<u>Vegetables</u> Cauliflower Broccoli	<u>Vegetables</u> Stir fried peppers Sweetcorn	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Jam sponge & custard G	<u>Dessert</u> Fruit yoghurts Mk	<u>Dessert</u> Flapjack G	<u>Dessert</u> Chocolate orange cheesecake G Mk	<u>Dessert</u> Blueberry muffin G E

Week Two – 13 Jan, 3 Feb, 2 Mar, 16 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Sticky BBQ pork Ce Su	<u>Main</u> Braised beef stead in a hidden vegetable gravy Su Ce	<u>Main</u> Roast chicken breast & Yorkshire pudding Su G E Mk	<u>Main</u> Garlic chicken with optional creamy garlic sauce Mk Ce	<u>Main</u> Fishless fingers (Quorn based fingers) G
<u>Vegetarian</u> BBQ halloumi Ce Mk	<u>Vegetarian</u> Sweet potato and sweetcorn pancake & tomato coulis G Ce Mk E	<u>Vegetarian</u> Cheese & tomato frittata E Mk Ce	<u>Vegetarian</u> Garlic Quorn chunks with optional creamy garlic sauce Mk Ce E	<u>Vegetarian</u> Fishless fingers (Quorn based fingers) G
<u>Carbohydrate</u> Noodles	<u>Carbohydrate</u> Creamy mashed potato or pasta	<u>Carbohydrate</u> Roast potatoes or pasta	<u>Carbohydrate</u> Fusilli pasta Garlic bread G Mk	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Sweetcorn Broccoli	<u>Vegetables</u> Cauliflower Kale	<u>Vegetables</u> Carrots Garden peas	<u>Vegetables</u> Sweetcorn Green beans	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Chocolate & pear crumble & chocolate sauce G Mk	<u>Dessert</u> Lemon & oat cookie G E Mk	<u>Dessert</u> American pancakes in strawberry sauce G E Mk	<u>Dessert</u> Fresh fruit salad & ice cream Mk	<u>Dessert</u> Carrot cake Mk G E

Week Three – 20 Jan, 10 Feb, 9 Mar, 30 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u> Pork sausage & Yorkshire pudding Su G E Mk	<u>Main</u> Chinese chicken So Se Ce	<u>Main</u> Roast gammon & Yorkshire pudding Su G E Mk	<u>Main</u> Chicken breast nuggets G E Mk	<u>Main</u> Cream cheese & ham swirl Su G Mk
<u>Vegetarian</u> Vegetable sausage & Yorkshire pudding E G Ce Mk	<u>Vegetarian</u> Chinese Quorn E So Se Ce	<u>Vegetarian</u> Sweet potato and sweetcorn muffin G E	<u>Vegetarian</u> Quorn breaded nuggets G E Mk	<u>Vegetarian</u> Cream cheese swirl G Mk
<u>Carbohydrate</u> Mashed potato Pasta G	<u>Carbohydrate</u> Noodles	<u>Carbohydrate</u> Roast potatoes Rice	<u>Carbohydrate</u> Sauté potatoes	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Broccoli Sweetcorn	<u>Vegetables</u> Mangetout Courgette	<u>Vegetables</u> Garden peas Cauliflower	<u>Vegetables</u> Sweetcorn Sugar snap peas	<u>Vegetables</u> Baked beans Garden peas
<u>Dessert</u> Strawberry fool Mk	<u>Dessert</u> Shortbread biscuit with grapes G	<u>Dessert</u> Rice pudding & fruit coulis Mk	<u>Dessert</u> Courgette & lime cupcake E G	<u>Dessert</u> Chocolate & avocado cake E 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 07544 725314](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	E eggs	Mu mustard
Cr crustacean	G cereals (gluten)	Mo molluscs	P peanuts	Su sulphur dioxide	L lupin	Se sesame seeds