

Joydens Wood Infant School

Week One – 7 September, 28 September, 19 October, 16 November, 7 December

Pasta Mania Monday	Traditional Tuesday	Wrap Wednesday	Theme Day Thursday	Favourite Friday
<u>Main</u> Bacon & tomato sauce Su Ce	<u>Main</u> Roast turkey Yorkshire Pudding Su G Ce E Mk	<u>Main</u> Chicken fajita wrap G Ce	<u>Main</u> Creamy & mild chicken korma So Ce	<u>Main</u> Ham & cheese pizza Su G Mk
<u>Vegetarian</u> Tomato & basil sauce Ce	<u>Vegetarian</u> Roast Quorn fillet Yorkshire PUdding G Ce E Mk	<u>Vegetarian</u> Fajita style halloumi wrap G Ce Mk	<u>Vegetarian</u> Vegetable samosa G E	<u>Vegetarian</u> Cheese & tomato pizza G Mk
<u>Carbohydrate</u> Garlic bread Farfalle pasta G Mk	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Mild smoky salsa Ce Cous cous G	<u>Carbohydrate</u> Naan bread G Mk Steamed rice	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Mixed salad Garden peas	<u>Vegetables</u> Baton carrots Broccoli	<u>Vegetables</u> Cucumber Sweetcorn	<u>Vegetables</u> Cauliflower Garden peas	<u>Vegetables</u> Sweetcorn Baked beans
<u>Dessert</u> Chocolate caramel crispy bar G Mk	<u>Dessert</u> Fruit jelly pot	<u>Dessert</u> Chocolate & beetroot cake G E	<u>Dessert</u> Oat slice G	<u>Dessert</u> Apple cupcake G E

Week Two – 14 September, 5 October 2 November, 23 November, 14 December

Pasta Mania Monday	Traditional Tuesday	Wrap Wednesday	Theme Day Thursday	Favourite Friday
<u>Main</u> Beef bolognaise sauce Ce Su	<u>Main</u> Sausagemeat plait G Su E	<u>Main</u> Mild chicken tikka breast strip wraps G Ce Mk	<u>Main</u> Slow cooked BBQ pork Su Ce	<u>Main</u> Fishless fingers (Quorn based fingers) G
<u>Vegetarian</u> Three cheese sauce (dairy option available) Ce Mk	<u>Vegetarian</u> Cheese puff G Mk E	<u>Vegetarian</u> Mild chick tikka Quorn wraps E Ce G	<u>Vegetarian</u> Vegetable spring roll with BBQ sauce Ce G	<u>Vegetarian</u> Fishless fingers (Quorn based fingers) G
<u>Carbohydrate</u> Garlic Bread Penne Pasta G Mk	<u>Carbohydrate</u> Saute potatoes	<u>Carbohydrate</u> Cucumber raita Mk Orzo (tiny Italian pasta) G	<u>Carbohydrate</u> Fusilli pasta G	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Baton carrots Garden peas	<u>Vegetables</u> Sweetcorn Baked beans	<u>Vegetables</u> Baton carrots Mixed salad	<u>Vegetables</u> Stir friend green beans Sweetcorn	<u>Vegetables</u> Garden peas Baked beans
<u>Dessert</u> Orange biscuit G	<u>Dessert</u> Butternut squash muffin G E	<u>Dessert</u> Frozen yoghurt Mk	<u>Dessert</u> Courgette & chocolate cake Ge E	<u>Dessert</u> Fresh fruit salad

Week Three – 21 September, 12 October, 9 November, 30 November

Pasta Mania Monday	Traditional Tuesday	Wrap Wednesday	Theme Day Thursday	Favourite Friday
<u>Main</u> Plain grilled chicken & tomato sauce Ce	<u>Main</u> Pork sausage & Yorkshire pudding Su G E Mk	<u>Main</u> Breaded chicken breast fillets wrap G E Mk	<u>Main</u> Nando's style chicken breast Ce	<u>Main</u> 100% beef burger in a bun (with or without cheese) Su G Mk
<u>Vegetarian</u> Roasted tomato sauce Ce	<u>Vegetarian</u> Meat free sausage & Yorkshire pudding E G Mk	<u>Vegetarian</u> Breaded Quorn fillets wrap G E Mk	<u>Vegetarian</u> Nando's style Quorn chicken breast Ce E	<u>Vegetarian</u> Vegetable burger in a bun (with or without cheese) G Mk Ce
<u>Carbohydrate</u> Garlic bread Mk G Fusilli pasta G	<u>Carbohydrate</u> Homemade potato wedges	<u>Carbohydrate</u> Homemade tomato ketchup CE Rice	<u>Carbohydrate</u> Garlic dip Mk Orzo (tiny Italian pasta) G	<u>Carbohydrate</u> Oven chips
<u>Vegetables</u> Sweetcorn Carrots	<u>Vegetables</u> Baked beans Broccoli	<u>Vegetables</u> Mixed lettuce leaves Sweetcorn	<u>Vegetables</u> Garden peas Cauliflower	<u>Vegetables</u> Baked beans Sweetcorn
<u>Dessert</u> Flapjack G	<u>Dessert</u> Shortbread biscuit with strawberries G	<u>Dessert</u> Fresh fruit salad & ice cream Mk	<u>Dessert</u> Fruit yoghurts Mk	<u>Dessert</u> Iced slice E G

*Pasta, 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 and jacket potatoes are available to order [by texting 07544 725314 BEFORE 9.15am](tel:07544725314) with child's name/class and their choice of sandwich (cheese/ham) or jacket potato (cheese, beans, cheese & beans)*

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