

Joydens Wood Infant School

Week One – 4 January, 25 January, 22 February, 15 March

<u>Main</u> Bolognese Sauce Su Ce	<u>Main</u> Sticky BBQ chicken Ce	<u>Main</u> Roast chicken Su Ce	<u>Main</u> No fuss cottage pie Su Ce	<u>Main</u> Fish fingers F G
<u>Vegetarian</u> Tomato sauce or cheese Ce	<u>Vegetarian</u> Sticky BBQ Quorn CE	<u>Vegetarian</u> Roast lentil loaf Ce	<u>Vegetarian</u> Meat-free cottage pie E Ce	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Rice G	<u>Carbohydrate</u> Roast potatoes G	<u>Carbohydrate</u> Mashed potatoes G	<u>Carbohydrate</u> Oven chips G
<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day
<u>Dessert</u> Chocolate & beetroot cake G E	<u>Dessert</u> Flapjack G	<u>Dessert</u> Sultana & lemon shortbread G	<u>Dessert</u> Fruit jelly G	<u>Dessert</u> Coconut biscuit G

Week Two – 11 January, 1 February, 1 March, 22 March

<u>Main</u> Bolognese Sauce Su Ce	<u>Main</u> KFC style homemade chicken nuggets G E	<u>Main</u> Sausage Su	<u>Main</u> Turkey kofta kebab Su Ce G	<u>Main</u> Fish cakes G F
<u>Vegetarian</u> Tomato sauce or cheese Ce	<u>Vegetarian</u> Quorn breaded chicken nuggets G E	<u>Vegetarian</u> Meat-free sausage G E	<u>Vegetarian</u> Halloumi & vegetable kebab Mk Ce G	<u>Vegetarian</u> Vegetable burger G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Homemade potato wedges G	<u>Carbohydrate</u> Potato waffles G	<u>Carbohydrate</u> Rice G	<u>Carbohydrate</u> Oven chips G
<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day
<u>Dessert</u> Blueberry cake G E	<u>Dessert</u> Flapjack G	<u>Dessert</u> Marble biscuit G	<u>Dessert</u> Fruit yoghurt Mk	<u>Dessert</u> Iced slice G E

Week Three – 18 January, 8 February, 8 March, 29 March

<u>Main</u> Bolognese Sauce Su Ce	<u>Main</u> Chicken & roasted tomato sauce Ce	<u>Main</u> Meat balls in hidden vegetable gravy Su Ce	<u>Main</u> Ham & cheese pizza Mk G	<u>Main</u> Cod fish fillet F G
<u>Vegetarian</u> Tomato sauce or cheese Ce	<u>Vegetarian</u> Quorn & tomato sauce Ce E	<u>Vegetarian</u> Meat-free meatballs in hidden vegetable gravy Ce	<u>Vegetarian</u> Cheese & tomato pizza Mk G	<u>Vegetarian</u> Breaded vegetable cake G Ce
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Rice G	<u>Carbohydrate</u> Potato waffles G	<u>Carbohydrate</u> Potato wedges G	<u>Carbohydrate</u> Oven chips G
<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day	<u>Vegetables</u> Seasonal vegetables Salad of the day
<u>Dessert</u> Butternut squash cake G E	<u>Dessert</u> Chocolate shortbread G	<u>Dessert</u> Apple cupcake E G	<u>Dessert</u> Flapjack G	<u>Dessert</u> Parsnip & maple cake E G Mk

*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 choice of sandwich (cheese/ham) or jacket potato (cheese, beans, cheese & beans, tuna mayo)*

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