

Joydens Wood Infant School

Week One – 5 Sep, 26 Sep, 17 Oct, 14 Nov, 5 Dec

<u>Main</u> Bolognese Sauce or Tuna mayo Su Ce F E	<u>Main</u> Mild chicken tikka breast strips Optional korma sauce Ce Mk	<u>Main</u> Roast chicken & Yorkshire pudding G E Mk Ce	<u>Main</u> Sausagemeat plait G E Su	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese Ce Mk	<u>Vegetarian</u> Vegetable samosa Optional sauce G Ce E	<u>Vegetarian</u> Roast Quorn & Yorkshire pudding E Mk G Ce	<u>Vegetarian</u> Vegan sausage plait G So	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Penne pasta G	<u>Carbohydrate</u> Steamed fluffy rice	<u>Carbohydrate</u> Roast potatoes	<u>Carbohydrate</u> Potato wedges	<u>Carbohydrate</u> Oven baked chips
<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> Shortbread biscuit G	<u>Dessert</u> Chocolate & beetroot cake G E Mk	<u>Dessert</u> Fruit yoghurt Mk	<u>Dessert</u> Apple crumble & custard G Mk	<u>Dessert</u> Fruit jelly

Week Two – 12 Sep, 3 Oct, 31 Oct, 21 Nov, 12 Dec

<u>Main</u> Bolognese Sauce or Tuna mayo Su Ce F E	<u>Main</u> Beef burger in a bun G Su	<u>Main</u> Ham & cheese pizza G Mk Ce	<u>Main</u> Homemade chicken nuggets E Mk G	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese Ce Mk	<u>Vegetarian</u> Meatless burger in a bun G	<u>Vegetarian</u> Cheese & tomato pizza G Mk Ce	<u>Vegetarian</u> Vegan breaded nuggets G	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Mini potato waffles	<u>Carbohydrate</u> Oven baked diced potatoes	<u>Carbohydrate</u> Steamed fluffy rice	<u>Carbohydrate</u> Oven chips
<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 shortbread G	<u>Dessert</u> Oat biscuit E	<u>Dessert</u> Carrot cake E G	<u>Dessert</u> Flapjack	<u>Dessert</u> Fruit & ice cream Mk

Week Three – 19 Sep, 10 Oct, 7 Nov, 28 Nov

<u>Main</u> Bolognese Sauce or Tuna mayo Su Ce F E	<u>Main</u> Chicken noodles So Ce E G	<u>Main</u> Sausage & Yorkshire pudding G E Mk Su	<u>Main</u> Beef mince mild chilli con carne (no kidney beans) Su Ce	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese C Mk	<u>Vegetarian</u> Vegetable noodles So Ce E G	<u>Vegetarian</u> Vegan sausage & Yorkshire pudding G E Mk	<u>Vegetarian</u> Quorn mince chilli con carne (no kidney beans) E Su So	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u>	<u>Carbohydrate</u> Mini potato waffle	<u>Carbohydrate</u> Plain boiled rice	<u>Carbohydrate</u> Oven chips
<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> Iced slice G E Mk	<u>Dessert</u> Fruit jelly	<u>Dessert</u> Rice pudding & fruit jam Mk	<u>Dessert</u> Parsnip & orange cake G E Mk	<u>Dessert</u> Fruity oat slice

*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