

Joydens Wood Infant School

Week One – 3 Jan, 23 Jan, 20 Feb, 13 Mar

<u>Main</u> Bolognese Sauce or Tuna mayo Su Ce F E	<u>Main</u> Chicken meatballs in tomato sauce G	<u>Main</u> Sausage & Yorkshire pudding G E Mk Su	<u>Main</u> Mince beef swirl and homemade ketchup G Ce Su E	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese C Mk	<u>Vegetarian</u> Vegetarian meatballs In tomato sauce G	<u>Vegetarian</u> Vegan sausage & Yorkshire pudding G E Mk	<u>Vegetarian</u> Cheese swirl G Mk E	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Mini potato waffle	<u>Carbohydrate</u> Potato pops	<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

Week Two – 9 Jan, 30 Jan, 27 Feb, 20 Mar

<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 Three – 16 Jan, 6 Feb, 6 Mar 27 Mar

<u>Main</u> Bolognese Sauce or Tuna mayo Su Ce F E	<u>Main</u> Chunks of turkey breast grilled with homemade ketchup G	<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> Quorn breast 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> Rice	<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

*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