Joydens Wood Infant School

Main	Week One – 3 Jan, 23 Jan, 20 Feb, 13 Mar										
				Main							
<u>Main</u>	<u>Main</u>	<u>Main</u>	<u>Main</u>	<u>Main</u>							
Bolognaise Sauce	Chicken meatballs in	Sausage & Yorkshire	Mince beef swirl and	Fish finger Friday							
or	tomato sauce	pudding	homemade ketchup								
Tuna mayo											
Su Ce F E	G	G E Mk Su	G Ce Su E	FG							
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian							
Tomato sauce	Vegetarian meatballs	Vegan sausage &	Cheese swirl	Fishless fingers							
	In tomato sauce		Cheese swill	r isriiess iirigers							
or cheese	In tomato sauce	Yorkshire pudding									
	_			_							
C Mk	G	G E Mk	G Mk E	G							
Carbohydrate	Carbohydrate	Carbohydrate	Carbohydrate	Carbohydrate							
Pasta	Pasta	Mini potato waffle	Potato pops	Oven chips							
				0.000 000p0							
G	G										
	-										
<u>Vegetables</u>	Vegetables	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>							
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables							
Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day							
,	, ,	,	,	,							
Dessert	Dessert	Dessert	Dessert	Dessert							
Iced slice	Fruit jelly	Rice pudding & fruit jam	Parsnip & orange cake	Fruity oat slice							
G E Mk		Mk	G E Mk								
	Week	Two – 9 Jan, 30 Jan, 27 Feb,	20 Mar								
Main	Main	Main	Main	Main							
Bolognaise Sauce	Mild chicken tikka	Roast chicken &	Sausagemeat plait	Fish finger Friday							
			Oausagemeat plan	r isir ninger r nday							
or	breast strips	Yorkshire pudding									
Tuna mayo	Optional korma sauce										
Su Ce F E	Ce Mk	G E Mk Ce	G E Su	FG							
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian							
Tomato sauce	Vegetable samosa	Roast Quorn &	Vegan sausage plait	Fishless fingers							
			vegan sausage plan	r isriiess inigers							
or cheese	Optional sauce	Yorkshire pudding									
Ce Mk	G Ce E	E Mk G Ce	G So	G							
Carbohydrate	Carbohydrate	Carbohydrate	<u>Carbohydrate</u>	Carbohydrate							
Penne pasta	Steamed fluffy rice	Roast potatoes	Potato wedges	Oven baked chips							
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G											
Vegetables	Vegetables	Vegetables	<u>Vegetables</u>	Vegetables							
	<u>Vegetables</u> Seasonal vegetables	<u>Vegetables</u> Seasonal vegetables	<u>Vegetables</u> Seasonal vegetables	<u>Vegetables</u> Seasonal vegetables							
Vegetables Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables							
Vegetables											
Vegetables Seasonal vegetables Salad of the day	Seasonal vegetables Salad of the day	Seasonal vegetables Salad of the day	Seasonal vegetables Salad of the day	Seasonal vegetables Salad of the day							
Vegetables Seasonal vegetables Salad of the day <u>Dessert</u>	Seasonal vegetables Salad of the day <u>Dessert</u>	Seasonal vegetables Salad of the day <u>Dessert</u>	Seasonal vegetables Salad of the day <u>Dessert</u>	Seasonal vegetables Salad of the day <u>Dessert</u>							
Vegetables Seasonal vegetables Salad of the day	Seasonal vegetables Salad of the day <u>Dessert</u> Chocolate & beetroot	Seasonal vegetables Salad of the day	Seasonal vegetables Salad of the day <u>Dessert</u> Apple crumble &	Seasonal vegetables Salad of the day							
Vegetables Seasonal vegetables Salad of the day <u>Dessert</u> Shortbread biscuit	Seasonal vegetables Salad of the day <u>Dessert</u> Chocolate & beetroot cake	Seasonal vegetables Salad of the day <u>Dessert</u> Fruit yoghurt	Seasonal vegetables Salad of the day <u>Dessert</u> Apple crumble & custard	Seasonal vegetables Salad of the day <u>Dessert</u>							
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Vegetables Seasonal vegetables Salad of the day <u>Dessert</u> Shortbread biscuit G <u>Main</u> Bolognaise Sauce	Seasonal vegetables Salad of the day <u>Dessert</u> Chocolate & beetroot cake G E Mk <u>Week</u> <u>Main</u> Chunks of turkey breast	Seasonal vegetables Salad of the day <u>Dessert</u> Fruit yoghurt <u>Mk</u> Three – 16 Jan, 6 Feb, 6 Mar	Seasonal vegetables Salad of the day <u>Dessert</u> Apple crumble & custard G Mk 27 Mar <u>Main</u> Homemade cchicken	Seasonal vegetables Salad of the day <u>Dessert</u> Fruit jelly							
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Vegetables Seasonal vegetables Salad of the day Dessert Shortbread biscuit G Main Bolognaise Sauce or Tuna mayo Su Ce F E Vegetarian Tomato sauce or cheese Ce Mk Carbohydrate Pasta G Vegetables Seasonal vegetables	Seasonal vegetables Salad of the day <u>Dessert</u> Chocolate & beetroot cake G E Mk <u>Week</u> <u>Main</u> Chunks of turkey breast grilled with homemade ketchup G <u>Vegetarian</u> Quorn breast G <u>Carbohydrate</u> Rice <u>Vegetables</u> Seasonal vegetables	Seasonal vegetables Salad of the day <u>Dessert</u> Fruit yoghurt <u>Mk</u> Three – 16 Jan, 6 Feb, 6 Mar <u>Main</u> Ham & cheese pizza <u>G Mk Ce</u> <u>Vegetarian</u> Cheese & tomato pizza <u>G Mk Ce</u> <u>Vegetables</u> Seasonal vegetables	Seasonal vegetables Salad of the day <u>Dessert</u> Apple crumble & custard G Mk 27 Mar <u>Main</u> Homemade cchicken nuggets E Mk G <u>Vegetarian</u> Vegan breaded nuggets G <u>Carbohydrate</u> Steamed fluffy rice	Seasonal vegetables Salad of the day <u>Dessert</u> Fruit jelly <u>Main</u> Fish finger Friday <u>F G</u> <u>Vegetarian</u> Fishless fingers <u>G</u> <u>Carbohydrate</u> Oven chips <u>Vegetables</u> Seasonal vegetables							
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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 <u>by texting 07544 725314 BEFORE 9.15am</u> 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		