

Joydens Wood Infant School

Week One – 4 Sep, 25 Sep, 30 Oct, 20 Nov, 11 Dec

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Nando's style mild chicken breast	<u>Main</u> Roast chicken & Yorkshire pudding G E Mk Ce	<u>Main</u> Ham & cheese macaroni G Mk	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese C Mk	<u>Vegetarian</u> Nando's style mild Quorn fillet E	<u>Vegetarian</u> Sweet potato & roasted pepper puff G E Mk	<u>Vegetarian</u> Macaroni cheese G Mk	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Steamed fluffy rice G	<u>Carbohydrate</u> Roast potato Mk G	<u>Carbohydrate</u> Garlic bread Mk G	<u>Carbohydrate</u> Oven chips Mk 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> Shortbread biscuit G	<u>Dessert</u> Chocolate & beetroot cake G E	<u>Dessert</u> Flapjack Mk	<u>Dessert</u> Apple crumble & Greek yoghurt G Mk	<u>Dessert</u> Fruit jelly G

Week Two – 11 Sep, 2 Oct, 6 Nov, 27 Nov

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Pork sausage & Yorkshire pudding G E Mk Su	<u>Main</u> Very mild chicken korma G E Mk Su	<u>Main</u> Plain & simple beef lasagne G E Su Mk	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese Ce Mk	<u>Vegetarian</u> Vegan sausage & Yorkshire pudding Mk G So E	<u>Vegetarian</u> Vegetable samosa Mk G	<u>Vegetarian</u> Quorn mince lasagne G So E Mk	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Penne pasta G	<u>Carbohydrate</u> Mashed or boiled potato G	<u>Carbohydrate</u> Steamed rice G Mk	<u>Carbohydrate</u> Garlic bread G Mk	<u>Carbohydrate</u> Oven baked chips G Mk
<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> Crunchy chocolate & orange biscuit G	<u>Dessert</u> Squash cupcake G E	<u>Dessert</u> Fruit fool Mk	<u>Dessert</u> Bakewell slice G E	<u>Dessert</u> Cinnamon bun E G

Week Three – 18 Sep, 9 Oct, 13 Nov, 4 Dec

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Homemade sausage roll G Su	<u>Main</u> Ham & cheese pizza G Mk	<u>Main</u> Breaded chicken breast fillet G	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese Ce Mk	<u>Vegetarian</u> Homemade vegan sausage roll G So	<u>Vegetarian</u> Cheese & tomato pizza G Mk	<u>Vegetarian</u> Vegan breaded fillets G So	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Potato waffles G	<u>Carbohydrate</u> Potato wedges G E	<u>Carbohydrate</u> Egg noodles G E	<u>Carbohydrate</u> Oven chips G E
<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> Pear & chocolate crumble with chocolate sauce G	<u>Dessert</u> Oaty fruit slice G	<u>Dessert</u> Banana & chocolate cake E G	<u>Dessert</u> Jam Swiss roll G E	<u>Dessert</u> Carrot muffins G E

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** 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