

# Joydens Wood Infant School

## Week One – 1 Jan, 22 Jan, 19 Feb, 11 Mar

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Nando's style mild chicken breast	<u>Main</u> Pork sausage & Yorkshire pudding  Su G E Mk	<u>Main</u> Ham & cheese pizza  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> Vegan sausage & Yorkshire pudding G E Mk	<u>Vegetarian</u> Cheese & tomato pizza  G Mk	<u>Vegetarian</u> Fishless fingers  G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Steamed fluffy rice	<u>Carbohydrate</u> Potato waffle	<u>Carbohydrate</u> Potato wedges	<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> Shortbread biscuit  G	<u>Dessert</u> Chocolate & beetroot cake G E	<u>Dessert</u> Oat cookie  E G	<u>Dessert</u> Orange sponge & chocolate sauce G E	<u>Dessert</u> Fruit jelly

## Week Two – 8 Jan, 29 Jan, 26 Feb, 18 Feb

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Roast chicken & Yorkshire pudding  G E Mk	<u>Main</u> Ham & macaroni cheese  G Mk	<u>Main</u> Very mild chicken korma	<u>Main</u> Fish finger Friday  F G
<u>Vegetarian</u> Tomato sauce or cheese Ce Mk	<u>Vegetarian</u> Vegan meat escalope  G	<u>Vegetarian</u> Macaroni cheese  Mk G	<u>Vegetarian</u> Vegetable samosa  G	<u>Vegetarian</u> Fishless fingers  G
<u>Carbohydrate</u> Penne pasta G	<u>Carbohydrate</u> Roast potato	<u>Carbohydrate</u> Garlic bread Mk G	<u>Carbohydrate</u> Steamed rice	<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> Crunchy chocolate & orange biscuit G	<u>Dessert</u> Carrot cake  G E	<u>Dessert</u> Apple sponge & custard  G Mk E	<u>Dessert</u> Flapjack	<u>Dessert</u> Cinnamon bun  E G

## Week Three – 15 Jan, 5 Feb, 4 Mar

<u>Main</u> Bolognaise Sauce or Tuna mayo  Su Ce F E	<u>Main</u> Homemade sausage roll  G Su	<u>Main</u> Chicken breast nuggets  G	<u>Main</u> Turkey fajitas – lightly Mexican spiced turkey breast strips with roasted carrots & peppers in a soft tortilla wrap 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> Vegan breaded nuggets  G So	<u>Vegetarian</u> Cheese & Mexican spiced veg fajita Mk G	<u>Vegetarian</u> Fishless fingers  G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Sliced baked potatoes	<u>Carbohydrate</u> Potato waffles	<u>Carbohydrate</u> Steamed 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> Pear & chocolate crumble with chocolate sauce G	<u>Dessert</u> Fruit slice  G E	<u>Dessert</u> Banana & chocolate cake  E G	<u>Dessert</u> Fruit cookie  G E	<u>Dessert</u> Jam Swiss roll  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