

Joydens Wood Infant School

Week One – 6th Jan, 27th Jan, 24th Feb, 17th Mar

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Plain chicken turnover G	<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 Mk	<u>Vegetarian</u> Cheese & Broccoli turnover G Mk	<u>Vegetarian</u> Vegan sausage & Yorkshire pudding G E Mk So	<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> Pineapple upside down cake E G Mk	<u>Dessert</u> Fruit jelly

Week Two – 13th Jan, 3rd Feb, 3rd Mar, 24th Mar

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Minced Beef & tortilla wrap G	<u>Main</u> Italian Beef Meatballs & Tomato Sauce Su	<u>Main</u> Roast Chicken & Yorky pudding G E Mk	<u>Main</u> Fish finger Friday F G
<u>Vegetarian</u> Tomato sauce or cheese Ce Mk	<u>Vegetarian</u> Cheese & Tomato tortilla wrap G Mk	<u>Vegetarian</u> Quorn Mince Vege Balls E So	<u>Vegetarian</u> Meat free loaf & Yorky Pudding G E Mk So	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Penne pasta G	<u>Carbohydrate</u> Steamed Rice	<u>Carbohydrate</u> Tagliettle G, So	<u>Carbohydrate</u> Roast Potato	<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> Rice pudding & Fruit coulis Mk	<u>Dessert</u> Flapjack G	<u>Dessert</u> Iced Bun E G

Week Three – 20th Jan, 10th Feb, 10th Mar

<u>Main</u> Bolognaise Sauce or Tuna mayo Su Ce F E	<u>Main</u> Homemade sausage roll G Su	<u>Main</u> BBQ Chicken kebab (Diced BBQ chicken in Pitta bread) G	<u>Main</u> Beef or Beef Cheeseburger (In a bun) G Mk So	<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> Haloumi kebab (Diced/Grilled Haloumi in Pitta bread) Mk G	<u>Vegetarian</u> Meat free burger (in a bun) & Yorkshire Pudding G Mk So	<u>Vegetarian</u> Fishless fingers G
<u>Carbohydrate</u> Pasta G	<u>Carbohydrate</u> Sliced baked potatoes	<u>Carbohydrate</u> Steamed Rice	<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> Pear & chocolate crumble with chocolate sauce G	<u>Dessert</u> Toffee apple cake G E	<u>Dessert</u> Banana & chocolate cake E G	<u>Dessert</u> Sultana sponge & Custard G E Mk	<u>Dessert</u> Blueberry Muffin 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](tel:07544725314) 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