




# Junior School Lunch Menu


 All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.







Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunchtime Main Meal</b>	Butchers Pork Sausages with Gravy	Beef, Red Lentil and hidden Vegetable Lasagne	Herb Roasted Chicken with Gravy	Sweet Potato, Turkey and Coconut Korma	MSC Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Vegetarian Sausages with Gravy	Mushroom, Red Lentil and Vegetable Lasagne	Butternut Squash and Cheddar Risotto	Plant Based, Sweet Potato, Spinach, Chickpea Coconut Curry	Tempura Peppers and Courgette
<b>On the Side</b>	Mashed Potato Steamed Broccoli Roasted Carrots	Spring Cabbage Sweetcorn Homemade Garlic Bread	Roast Potatoes Steamed Carrots Curly Kale	Steamed Rice Cauliflower Roasted Courgette	Chipped Potatoes/Boiled New Potatoes Garden Peas Carrots and Sweetcorn
<b>Jacket Potato</b>	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
<b>Salad Bar</b>	A Daily Selection including Lettuce, Cucumber, Sweetcorn, Tomato & Proteins				
<b>Dessert</b>	Topped Yoghurt Pots Freshly Cut Fruit Pots Selection of Whole Fruit	Fruit Sponge served with Custard Selection of Whole Fruit	Seeded Fruity Flapjack Freshly Cut Fruit Pots Selection of Whole Fruit	Pineapple Upside Down Cake served with Custard Selection of Whole Fruit	Topped Yoghurt Pots Freshly Cut Fruit Pots Selection of Whole Fruit



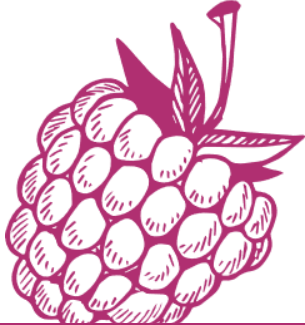


# Nurseries Lunch & Supper Menu

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Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Main Course One</b>	Butchers Pork Sausages with Gravy	Beef, Red Lentil and hidden Vegetable Bolognese with Pasta 	Herb Roasted Chicken with Gravy	Sweet Potato, Turkey and Coconut Korma 	MSC Breaded Fish Fingers
<b>Lunch Main Course Two</b>	Vegetarian Sausages with Gravy	Mushroom, Red Lentil and Bolognese with Pasta 	Butternut Squash and Cheddar Risotto	Plant Based, Sweet Potato, Spinach, Chickpea Coconut Korma 	Baked Peppers and Courgettes
<b>Lunch On the Side</b>	Mashed Potato Steamed Broccoli Roasted Carrots	Spring Cabbage Sweetcorn Homemade Garlic Bread	Roast Potatoes Steamed Carrots Curly Kale	Steamed Rice Cauliflower Roasted Courgettes	Boiled New Potatoes Garden Peas Carrots and Sweetcorn
<b>Afternoon Supper</b>	Penne with Roasted Vegetables and a Simple Tomato Sauce  Sweetcorn	Plant Based Potato, and Vegetable Curry  Served with Steamed Rice 	Plant Based Carrot and Vegetable Soup  Served with Cheese or Ham Finger Sandwiches	Lamb and Vegetable Casserole  Mashed Potato Peas 	Plant Based Butternut Squash & Sweet Potato Soup  Served with Cheese or Ham Sandwich Fingers
<b>Supper on the Side</b>	Daily Selection of Vegetable Crudites & Sliced Fruit				






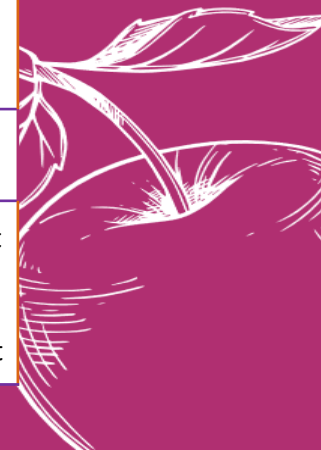


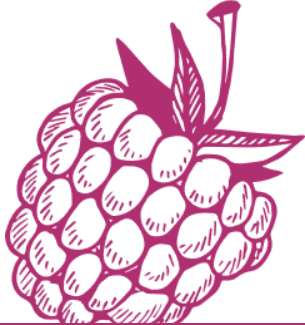
# Junior School Lunch Menu




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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course One</b>	Penne Arrabiata Topped with Shredded Mozzarella	Vegetable and Chicken Curry 	Roast Turkey with Gravy	<b>Mexican Pop Up</b> Mild Vegetable and Beef Burritos	MSC Breaded Fish Fingers
<b>Main Course Two</b>	Penne with Roasted Vegetables and a Simple Tomato Sauce	Plant Based, Mild Sweet Potato and Vegetable Curry 	Feta, Butternut Squash and Spinach Bake 	Plant Based, Mushroom, Vegetable and Bean Burritos	Soya 'Fishless' Fingers
<b>On the Side</b>	Homemade Focaccia Steamed Carrots Broccoli and Green Beans	Steamed Rice Roasted Squash Salad Mixed Vegetables Sweetcorn	Roast Potatoes Carrots and Broccoli Gravy	Hand Cut Potato Wedges Roasted Med Veg Tortilla Chips Sour Cream	Chipped Potatoes/Boiled New Potatoes Garden Peas Sweetcorn
<b>Jacket Potato</b>	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese
<b>Salad Bar</b>	A Daily Selection Proteins and Salads including Lettuce, Cucumber, Sweetcorn, Tomato and Mixed Seasonal Salads				
<b>Dessert</b>	Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit	Lemon Drizzle Cake Freshly Cut Fruit Melon	Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit	Super Seed Shortbread Freshly Cut Fruit Pineapple	Chocolate and Beetroot Brownie Freshly Cut Fruit Selection of Whole Fruit





# Nurseries Lunch and Supper Menu

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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Main Course One</b>	Penne Arrabiata Topped with Shredded Mozzarella	Vegetable and Chicken Curry 	Roast Turkey with Gravy	Mild Vegetable and Beef Chilli	MSC Breaded Fish Fingers
<b>Lunch Main Course Two</b>	Penne with Roasted Vegetables and a Simple Tomato Sauce	Plant Based, Mild Sweet Potato and Vegetable Curry 	Feta, Butternut Squash and Spinach Bake 	Plant Based, Mushroom, Vegetable and Bean Chilli 	Vegetable Omelette
<b>Lunch on the Side</b>	Homemade Focaccia Steamed Carrots Broccoli and Green Beans	Steamed Rice Mixed Vegetables Sweetcorn	Roast Potatoes Carrots and Broccoli Gravy	Hand Cut Potato Wedges Simple Vegetables	Boiled New Potatoes Garden Peas Sweetcorn


<b>Afternoon Supper</b>	Roast Chicken or Baked Cauliflower Steaks Mashed Potato Peas, Gravy	Pasta Served with either a Cheese Sauce or Vegetable Ratatouille Sauce  Sweetcorn	Plant Based Carrot and Vegetable Soup  Served with Cheese or Ham Finger Sandwiches	Simple Mixed Vegetable Stew  Mixed Sweet Potato and Potato Mash	Plant Based Squash and Vegetable Soup  Served with Cheese or Ham Sandwich Fingers
<b>Supper on the Side</b>	A Daily Selection of Salads and Freshly Cut Fruit				





# Junior School Lunch Menu


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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course One</b>	Bank Holiday	Macaroni Cheese with optional Toppings	Roast Pork Loin with Gravy	Cottage Pie with Hidden Vegetables	MSC Breaded Fish
<b>Main Course Two</b>		Roasted Med Veg Frittata	Potato, Onion, Courgette and Cheese Sausage Roll	Plant Based, Mushroom, Vegetable and Lentil Cottage Pie 	Vegetarian Sausages
<b>On the Side</b>		Sweetcorn Mixed Steamed Vegetables Garlic Bread	Roasted New Potatoes Steamed Carrots Cabbage Gravy	Broccoli, Peas and Cauliflower	Chipped Potatoes/Boiled New Potatoes Garden Peas Sweetcorn
<b>Jacket Potato</b>		Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese
<b>Salad Bar</b>	A Daily Selection Proteins and Salads including Lettuce, Cucumber, Sweetcorn, Tomato and Mixed Seasonal Salads				
<b>Dessert</b>		Topped Yoghurts Freshly Cut Fruit  Selection of Whole Fruit	Carrot Cake and Custard  Freshly Cut Fruit Melon	Topped Yoghurts Freshly Cut Fruit  Selection of Whole Fruit	Fruity Flapjack made with Honey  Freshly Cut Fruit







# Nurseries Lunch and Supper Menu

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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course One</b>	Bank Holiday	Macaroni Cheese with optional Toppings	Roast Pork Loin with Gravy	Cottage Pie with Hidden Vegetables	MSC Breaded Fish
<b>Main Course Two</b>		Roasted Med Veg Frittata	Potato, Onion, Courgette and Cheese Sausage Roll	Plant Based, Mushroom, Vegetable and Lentil Cottage Pie 	Vegetarian Sausages
<b>On the Side</b>		Garlic Bread Sweetcorn Mixed Steamed Vegetables Garlic Bread	Roasted New Potatoes Steamed Carrots Cabbage Gravy	Broccoli, Peas and Cauliflower	Boiled New Potatoes Garden Peas Sweetcorn

<b>Afternoon Supper</b>		Squash, Sweet Potato and Vegetable Casserole  Simple Mash Potato 	Plant Based Carrot and Vegetable Soup  Served with Cheese or Ham Finger Sandwiches	Mild Chicken and Vegetable Tagine  Cous Cous or Crushed New Potatoes 	Plant Based Squash and Vegetable Soup  Served with Cheese or Ham Sandwich Fingers
<b>Supper on the Side</b>	A Daily Selection of Salads and Freshly Cut Fruit				