

Junior Weekly Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Mac & Cheese or Cauliflower & Sweetcorn Cheese --- Roasted Vegetables Crispy Cabbage Garlic Bread	Madras Chicken(H) Curry or Spinach, Sweet Potato Lentils Dhal(3 of a 5 a day!!) --- Onion Bhajis(GF) Pilau Rice Raita Cauliflower Green Beans	Roast Turkey(H) or Mint, Courgette, Pea & Feta Frittata --- Yorkshire Pudding Roasted Potatoes Celeriac Green Beans Gravy (V)	Pizza Margherita or Pizza Peperoni (H) --- Potato Wedges Sweetcorn Broccoli	Fish Fingers or Halloumi Goujons --- Served With Tartar Sauce Lemon Wedges & French Fries
PASTA & JACKET	Jacket Potato Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Jacket Potato Baked Beans, Grated Cheese	Jacket Potato Baked Beans, Grated Cheese
DESSERT	Vanilla and Poppy Seed Sponge with Strawberry Sauce	Vegan Rice Pudding	Rhubarb & Apple Crumble & Vanilla Custard	Orange Drizzle Cake	Rice & Cornflake Crispy Chocolate Cake

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Jacket Potato Day! With Selection of Fillings Chickpea Curry, Mushroom Sauce, Tuna & Sweetcorn --- Pasta Tricolour	Chicken(H) Mushroom & Peppers Casserole or Quinoa & Mushroom Filling Roasted Pepper --- Mash Potato Carrots & Green Beans	BBQ Pulled Pork Or BBQ Pulled Jackfruit --- Potato Salad with Coleslaw Sweetcorn and Tortilla Chips (GF)	Beef(H) Shepherd's Pie or Lentil Shepherdess Pie --- Served with Garden Peas & Carrots	Brunch ! --- Sausages Bacon Scrambled Eggs Hash Browns Roasted Tomato Mushrooms Baked Beans
PASTA & JACKET	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Grated Cheese
DESSERT	Lattice Pear Pie & Chocolate Sauce	Banoffee Oat Cake & Caramel Sauce	Bread & Butter Pudding With Vanilla Custard	Lemon & Lavender Sponge Cake	Salted Caramel & Chocolate Brownie

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Spinach & Ricotta Tart or Samosa Style Crispy Pie --- Bombay Potatoes Cauliflower Green Beans	Meat Balls(H) or Veggie Balls in Tomato Sauce with Spaghetti --- Garden Peas Carrots & Focaccia	Roasted Chicken(H) or Roasted Feta & Butternut Squash --- Roasted Potatoes Curly Kale Cauliflower Gravy(V)	Chili con Carne or Mix Bean & Sweet Potato with Corn Tortilla --- Braised Rice Tomato Salsa Corncob & Guacamole	Fish Fingers or Plant Based Fingers Served with Tartar Sauce Lemon Wedges --- French Fries Garden Peas Sweetcorn
PASTA & JACKET	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese	Tomato & Basil Sauce Baked Beans, Grated Cheese
DESSERT	Chocolate & Orange Segments Upside Down Cake	Dorset Apple Cake with Vanilla Custard	Boost Carrot Cake With Sweet Potato & Chocolate Chips Icing	(Boost) Superseed Flapjack	Panna Cotta (V) with Mix Berries and Granola