

# Junior Weekly Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	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 Pork Roast Lamb (H) or Mint, Courgette, Pea & Feta Frittata --- Yorkshire Pudding Roasted Potatoes Parsnips Green Beans Gravy (V)	Pizza Margherita or Pizza Salami --- Potato Wedges Sweetcorn Broccoli	Fish Fingers or Battered Halloumi --- Served With Tartar Sauce Lemon Wedges & French Fries
<b>PASTA &amp; JACKET</b>	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
<b>DESSERT</b>	Vanilla and Poppy Seed Sponge with Strawberry Sauce	Vegan Rice Pudding	Rhubarb & Apple Crumble & Vanilla Custard	Orange Drizzle Cake	Rice & Cornflake Crispy Chocolate Cake

# Junior Weekly Menu

Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MAIN COURSE**

Jacket Potato Day!  
With Selection of  
Fillings  
Chickpea Curry,  
Mushroom Sauce,  
Tuna & Sweetcorn  
---  
Pasta Tricolor

Chicken(H) Stir Fry  
or  
Tofu & Greens Stir  
Fry  
---  
Noodles  
Carrots &  
Curly Kale

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

# Junior Weekly Menu

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  
Celeriac  
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  
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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

Panna Cotta (V) with  
Mix Berries and  
Granola

(Boost)  
Superseed  
Flapjack

Boost Carrot Cake  
With Sweet Potato &  
Chocolate Icing