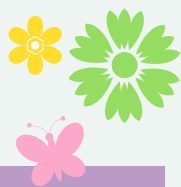


Your menu for week 3



MONDAY

Ham and pineapple pizza	Spicy oven wedges	Baked Eves pudding with custard sauce
Wholewheat vegetable pasta bake and garlic bread V	Diced courgettes Sweetcorn	Selection of organic fruit yoghurts

TUESDAY

Cottage pie and gravy	Mashed potato	Chocolate sponge with chocolate sauce
Vegetable cottage pie and gravy V	Fresh cauliflower Fresh sliced carrots	Selection of organic fruit yoghurts


WEDNESDAY

Roast pork loin with apple sauce and gravy	Roasted potatoes	Strawberry ice cream roll
Quorn Roast and gravy V	Broccoli florets Mixed root vegetables	Selection of organic fruit yoghurts

THURSDAY

BBQ chicken fillet	Parsley potatoes	Blackcurrant jelly
Vegetable skewer tomato Sauce V	Green beans Glazed carrots	Selection of organic fruit yoghurts
Boiled white and brown rice		

FRIDAY

Freshly made burger in a bun	Oven baked chips	Strawberry trifle
or	Sweetcorn and sweet peppers	Selection of organic fruit yoghurts
Oven baked  breaded pollack	Garden peas	
Pulled Quorn and pink Coleslaw in a Bun V		

CONTACT US We would be delighted to hear from you
Phone 01793 571074



Your menu for Spring & Summer 2015

At Club Joules it's all about good food and balance. When we say good food we don't just mean scrummy favourites, it's about getting the best food we can on your plate, all of which meets school food guidelines.

From September 2014 all children in reception and years one and two will be entitled to free lunches as part of the Governments new Universal Free School Meal policy

Available daily - Along with their main meal and pudding, children can help themselves to a fresh salad and fruit wedges, as well as a selection of bread, milk and water.



We use LEAF certified produce whenever possible to ensure you are enjoying food from farmers who care for the countryside and wildlife. Meet the farmers and learn more about them at www.leafuk.org



We are proud to offer seasonal fruit and vegetables throughout the year



Our milk, cream, butter, peas, potatoes, swede and cabbage are Red Tractor farm assured



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

All our fish is MSC certified. The MSC ecolabel ensures that the seafood comes from a certified sustainable fishery www.msc.org

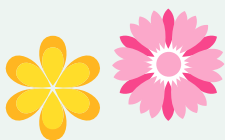
All our chicken, beef and pork is British farm assured.



The Food for Life Catering Mark shows we are using fresh ingredients which are free from undesirable additives and trans fats, are better for animal welfare, and comply with national nutrition standards




Your menu for week 1



MONDAY

Sticky honey glazed chicken	Boiled brown rice	Apple crumble and custard sauce
Macaroni cheese and garlic bread V	Green beans	Selection of organic fruit yoghurts
	Sweetcorn	

TUESDAY

Baked salmon with lemon 	New potatoes with parsley	Strawberry jelly
Vegetable lasagne and garlic bread V	Broccoli florets	Selection of organic fruit yoghurts
	Minted garden peas	


WEDNESDAY

Roast beef, Yorkshire pudding and gravy	Roasted potatoes	Vanilla ice-cream tub
Quorn roast with gravy V	Glazed savoy cabbage	Selection of organic fruit yoghurts
	Mixed root vegetables	

THURSDAY

Sausage and onion gravy	Mashed potato	Chocolate sponge with chocolate sauce
Vegetable sausage and onion gravy V	Sauté leeks	Selection of organic fruit yoghurts
	Fresh sliced carrots	

FRIDAY

Fish fingers with tomato sauce 	Oven baked chips	Lemon curd sponge with lemon sauce
Cheese and tomato flan V	Garden peas and sweetcorn	Selection of organic fruit yoghurts
	Diced courgettes	

Your menu for week 2



MONDAY

Chicken and sweetcorn pie	Herby diced potatoes	Fruit and oat crumble with custard sauce
Whole wheat pasta in a tomato and herb sauce and garlic bread V	Garden peas	Selection of organic fruit yoghurts
	Fresh cauliflower	

TUESDAY

Beef lasagne with garlic bread	New potatoes with parsley	Orange jelly
Vegetable lasagne with garlic bread V	Broccoli florets	Selection of organic fruit yoghurts
	Sweetcorn	


WEDNESDAY

Roast turkey, stuffing and gravy	Roasted potatoes	Lemon curd cheesecake
Quorn roast and gravy V	Glazed savoy cabbage	Selection of organic fruit yoghurts
	Diced courgettes	

THURSDAY

Chicken stir fry with noodles	Parsley potatoes	Jam sponge and custard sauce
Quorn stir fry with noodles V	Green beans	Selection of organic fruit yoghurts
	Glazed carrots	

FRIDAY

Baked breaded pollack with tomato sauce 	Oven baked chips	Carrot cake and custard sauce
Cheese and tomato pizza V	Minted garden peas	Selection of organic fruit yoghurts
	Baked beans	

AVAILABLE DAILY Jacket potatoes with a choice of filling, selection of seasonal salads, a selection of fresh breads, chilled water and milk
Along with their main meal and pudding, children can help themselves to salad crudities and fresh fruit wedges

V = suitable for vegetarians

Our menu is subject to availability