

# Your menu for Week 3

16/11/15 07/12/15 28/12/15 18/01/16 08/02/16 29/02/16 21/03/16

## MONDAY

Sticky honey glazed chicken  
Mild sweet potato and chickpea curry with brown/white rice ✓

Spicy oven wedges  
Garden peas  
Coleslaw salad

Jam sponge with custard sauce  
Selection of organic fruit yoghurts

## TUESDAY

Beef and cheese calzone pizza  
Cheese and quorn pasta bake ✓

Coleslaw  
Half Jacket Potato  
Green beans  
Baby sweetcorn

Chocolate crunch  
Selection of organic fruit yoghurts

## WEDNESDAY

Roast loin of pork with apple sauce  
Quorn roast with gravy ✓

Roasted potatoes  
Broccoli florets  
Glazed carrots

Jelly selection  
Selection of organic fruit yoghurts


## THURSDAY

Chicken and sweetcorn pie  
Macaroni cheese ✓

New potatoes with parsley  
Sweetcorn and peas

Apple pancakes  
Selection of organic fruit yoghurts

## FRIDAY

Fish fingers with tomato ketchup   
Omelette and mixed salad ✓

Oven baked chips  
Baked beans  
Garden peas

Iced finger roll  
Selection of organic fruit yoghurts

**Available daily: jacket potatoes with a choice of filling, selection of seasonal salads, selection of fresh breads, fresh fruit, chilled water and milk**

✓ = suitable for vegetarians *Fruit and vegetables are subject to seasonal variation*

**CONTACT US: We would be delighted to hear from you, phone 01793 571074**

# Your menu for autumn & winter 2015/2016

**AVAILABLE DAILY** Along with your main meal and pudding, you can help yourselves to a fresh salad and fruit wedges, as well as a selection of bread, milk and chilled water.

**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.**



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](http://www.leafuk.org)



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



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



Our milk, cream and butter 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 MSC-C-50903

All our chicken, beef and pork is British farm assured

# Your menu for Week 1

02/11/15 23/11/15 14/12/15 04/01/16 25/01/16 15/02/16 07/03/16 28/03/16

## MONDAY

Wholemeal pasta twirls with Bolognese sauce  
Butternut and bean pasta ✓  
Garlic bread ✓

Half jacket potato  
Green beans

Flapjack  
Selection of organic fruit yoghurts

## TUESDAY

Spicy chicken pizza  
Cheese and tomato french bread pizza ✓  
Garlic bread ✓

Potato wedges  
Baby corn  
Coleslaw

Syrup sponge with custard sauce  
Selection of organic fruit yoghurts

## WEDNESDAY

Roast chicken and gravy with sage and onion seasoning  
Quorn roast with gravy ✓

Roasted potatoes  
Savoy cabbage  
Sliced carrots

Selection of jelly  
Selection of organic fruit yoghurts


## THURSDAY

Lasagne  
Vegetarian lentil sausage roll with tomato sauce ✓

New potatoes with parsley  
Broccoli

Lemon drizzle cup cake  
Selection of organic fruit yoghurts

## FRIDAY

Fish fingers with tomato ketchup   
Cheese and broccoli flan ✓

Oven baked chips  
Garden peas  
Baked beans

Oat biscuit  
Selection of organic fruit yoghurts

**Available daily: jacket potatoes with a choice of filling, selection of seasonal salads, selection of fresh breads, fresh fruit, chilled water and milk**

✓ = suitable for vegetarians *Fruit and vegetables are subject to seasonal variation*



# Your menu for Week 2

09/11/15 30/11/15 21/12/15 11/01/16 01/02/16 22/02/16 14/03/16 04/04/16

## MONDAY

Sausages with gravy  
Bean and vegetable fajita ✓

Mashed potato  
Green beans

Chocolate sponge and chocolate sauce  
Selection of organic fruit yoghurts

## TUESDAY

Roast gammon  
Quorn sausage and gravy ✓

New potatoes with parsley  
Garden peas  
Ratatouille

Vanilla ice cream  
Selection of organic fruit yoghurts

## WEDNESDAY

Mild chicken curry and rice with cucumber salad  
Cheese and baked bean puff with tomato sauce ✓

Half jacket potato  
Broccoli

Apple crumble and custard sauce  
Selection of organic fruit yoghurts


## THURSDAY

Roast beef, yorkshire pudding and gravy  
Cheese and tomato pizza ✓

Roast potatoes  
Diced courgettes  
Sweetcorn

Jelly selection  
Selection of organic fruit yoghurts

## FRIDAY

Baked breaded pollack or Salmon bites with tomato sauce   
Lightly spiced bean burger with tomato salsa and salad ✓

Oven baked chips  
Garden peas  
Baked beans

Shortbread biscuit  
Selection of organic fruit yoghurts

