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

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

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 V

Coleslaw Half lacket Potato Green beans Baby sweetcorn

Chocolate crunch Selection of organic fruit yoghurts

WEDNESDAY

Roast loin of pork with apple sauce Quorn roast with gravy V Roasted potatoes Broccoli florets Glazed carrots

Jelly selection Selection of organic fruit yoghurts

THURSDAY

Chicken and sweetcorn pie Macaroni cheese V

New potatoes with parsley Sweetcorn and peas

Apple pancakes Selection of organic fruit yoghurts

FRIDAY

Fish fingers with tomato ketchup Omelette and mixed salad V

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

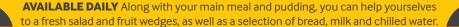
V = suitable for vegetarians Fruit and vegetables are subject to seasonal variation

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





Your menu for autumn & winter 2015/2016



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



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



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

Printed on paper that is 100% recycled

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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 V Garlic bread V	Half jacket potato Green beans	Flapjack Selection of organic fruit yoghurts
TUESDAY		
Spicy chicken pizza Cheese and tomato french bread pizza <i>V</i> Garlic bread <i>V</i>	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 V	Roasted potatoes Savoy cabbage Sliced carrots	Selection of jelly Selection of organic fruit yoghurts
THURSDAY		
Lasagne Vegetarian lentil sausage roll with tomato sauce V	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

Your menu for Week 2

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

Sausages with gravy Bean and vegetable fajita V	Mashed potato Green beans	Chocolate sponge and chocolate sauce
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TUESDAY

Roast gammon	New potatoes with parsley	Vanillia ice cream
Quorn sausage and gravy ${\it V}$	Garden peas Ratatouile	Selection of organic fruit yoghurts

WEDNESDAY

Mild chicken curry and rice with cucumber salad	Half jacket potato Broccoli	Apple crumble and custard sauce
Cheese and baked bean puff with tomato sauce ${\it V}$		Selection of organic fruit yoghurts

THURSDAY

Roast beef, yorkshire pudding and gravy Cheese and tomato pizza <i>V</i>	Roast potatoes Diced courgettes Sweetcorn	Jelly selection Selection of organic fruit yoghurts
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FRIDAY

Baked breaded pollack or Salmon bites with	Oven baked chips Garden peas Baked beans	Shortbread biscuit Selection of organic fruit yoghurts
tomato sauce		
with tomato salsa and salad V	•	

