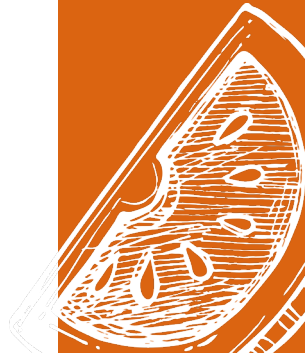




JUNIOR SCHOOL MENU

January - March 2024



Menu Schedule

Menu Week 1	Menu Week 2	Menu Week 3
08/01/2024	15/01/2024	22/01/2024
29/01/2024	05/02/2024	19/02/2024
26/02/2024	04/03/2024	11/03/2024
18/03/2024	25/03/2024	

Term Highlights

Month	Chef Demonstration	Supplier Showcase
January	Sushi	iPro Hydrate – Soft Drinks
February	Pasta	Rollover – Hot Dogs
March	Pizza Making	Mark Murphy – Fruit & Vegetables

Tariff

Junior School Lunch £3.25

Option 1 – Main Meal / Meat Free Main Meal & Dessert

Option 2 – Soup and Sandwich & Dessert

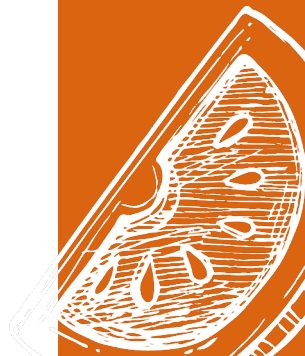
Option 3 – Filled Jacket Potato & Dessert

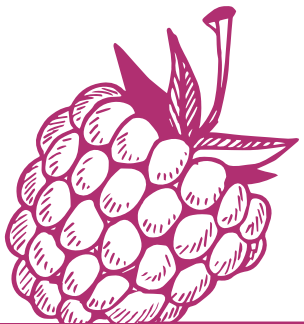
Option 4 – Pasta Bar & Dessert

All options include choice of sides with water, diluting juice or milk

National Food Theme Days 2024

DATE	CELEBRATION
1 st – 31 st January	Veganuary
6 th January	National Shortbread Day
22 nd January	Chinese New Year
25 th January	Burns Night
4 th February	Yorkshire Pudding Day
9 th February	World Pizza Day
13 th February	Pancake Day / Shrove Tuesday
14 th February	Ash Wednesday
14 th February	Valentines Day
1 st March	St Davids Day
4 th – 10 th March	British Pie week
9 th March	International School Meals Day
17 th March	St Patrick's Day
17 th March	Red Nose Day
19 th March	Mothers Day
25 th March	International Waffle Day



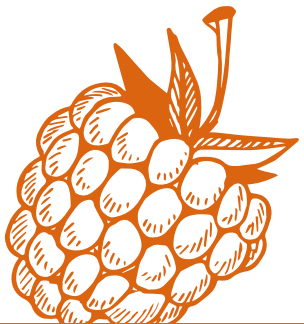


WEEK 1 BREAKFAST & BREAK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Hydration Station, Diluting Juice, Fresh Milk, Fruit Infused Water				
HOT ITEMS	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans
DAILY BREAKFAST ITEMS	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots
DAILY SPECIAL	Hash Browns Sauté Mushrooms	French Toast Grilled Tomatoes	Haggis Black Pudding	Pizza Rolls	Fried Egg Friday
WHOLE & CUT FRUIT	Selection of whole fruits Watermelon	Selection of whole fruits Pineapple	Selection of whole fruits Grapes	Selection of whole fruits Kiwi & Strawberries	Selection of whole fruits Cantaloupe Melon
HOME BAKING	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day



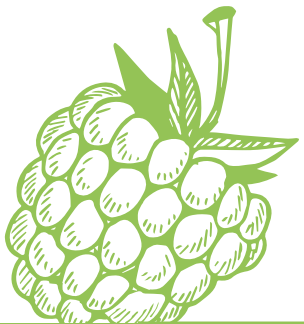


WEEK 2 BREAKFAST & BREAK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Hydration Station, Diluting Juice, Fresh Milk, Fruit Infused Water				
HOT ITEMS	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans
DAILY BREAKFAST ITEMS	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots
DAILY SPECIAL	Hash Browns Sauté Mushrooms	French Toast Grilled Tomatoes	Haggis Black Pudding	Pizza Rolls	Fried Egg Friday
WHOLE & CUT FRUIT	Selection of whole fruits Watermelon	Selection of whole fruits Oranges	Selection of whole fruits Mixed Berries	Selection of whole fruits Grapefruit	Selection of whole fruits Galia Melon
HOME BAKING	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day



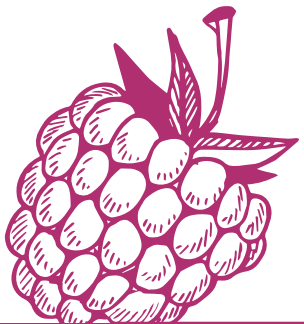


WEEK 3 BREAKFAST & BREAK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Hydration Station, Diluting Juice, Fresh Milk, Fruit Infused Water				
HOT ITEMS	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	Hot Filled Rolls Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans
DAILY BREAKFAST ITEMS	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots	Selection of breakfast cereals Wholemeal toast spread & preserves Porridge pots
DAILY SPECIAL	Hash Browns Sauté Mushrooms	French Toast Grilled Tomatoes	Haggis Black Pudding	Pizza Rolls	Fried Egg Friday
WHOLE & CUT FRUIT	Selection of whole fruits Watermelon	Selection of whole fruits Exotic Fruits	Selection of whole fruits Grapes	Selection of whole fruits Plum & Blueberry	Selection of whole fruits Honeydew Melon
HOME BAKING	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day



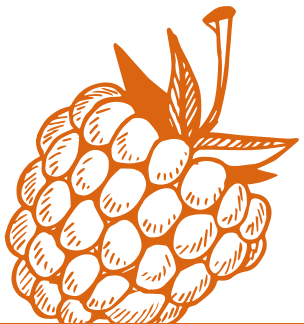


WEEK 1 LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & SANDWICH	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection
MAIN MEAL	Pasta Bolognese	Butter Chicken Curry	Creamy Chicken, Tomato & Mascarpone Pasta Bake	French Bread Pizza	Battered MSC Haddock/ Cod Fillet Fish Fingers
MEAT FREE MAIN MEAL	Quorn Mince Pasta Bolognese	Sweet Potato, Chickpea & Spinach Curry	Macaroni Cheese	Vegetable Calzone	Loaded Potato Boats
PASTA BAR	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce
BAKED POTATO	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans
ON THE SIDE (included with main meal)	Green Beans Steamed Carrots Bread Roll & Butter Salad Bar	50/50 Rice Tender stem Broccoli Chapati Raita Salad Bar	Garlic Bread Potato Waffle Sauté Seasonal Greens Roast Root Vegetables Salad Bar	Herb Diced Potatoes Corn on the Cob Chefs Vegetable Medley Salad Bar	Chunky Chips Baked Beans Petit Pois Lemon Wedges Curry Sauce Salad Bar
DESSERT	Strawberry & Cream Tart	Golden Syrup Sponge Cake with Custard	Chocolate & Raisin Cookie	Lemon Posset with Shortbread Crumb & Fruit Puree	Fruit Jelly & Ice Cream



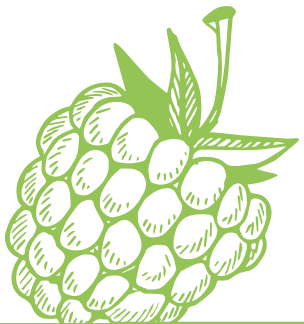


WEEK 2 LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection
MAIN MEAL	Lasagne al forno	Chinese Chicken Curry	Breaded Chicken Breast with Tomato & Basil Sauce	Steak & Sausage Pie	Battered MSC Haddock/ Cod Fillet Fish Fingers
MEAT FREE MAIN MEAL	Vegetable Lasagne	Chinese Vegetable & Egg Stir Fry	Breaded Quorn Fillet with Tomato & Basil Sauce	Roasted Vegetable Pie	Loaded Potato Boats
PASTA BAR	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce
BAKED POTATO	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans
ON THE SIDE (included with main meal)	Garlic Bread Roasted Peppers Mixed Salad Crunchy Coleslaw Salad Bar	Vegetable Fried Rice Prawn Crackers Baby Corn Mangetout Salad Bar	Spaghetti Vegetable Medley Sautéed Courgettes Salad Bar	Mashed Potatoes Broccoli Steamed Carrots Gravy Salad Bar	Chunky Chips Baked Beans Petit Pois Lemon Wedges Curry Sauce Salad Bar
DESSERT	Apple Crumble with Custard	Fruity Flapjack	Blueberry Muffin	Caramel Flan	Fruit Jelly & Ice Cream





WEEK 3 LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection	Chefs home made soup of the day Sandwich Selection
MAIN MEAL	Meatballs in Tomato & Basil Sauce	Chefs Roast of the Week with Gravy	Crispy Chicken Burger	Toad in the Hole	Battered MSC Haddock Cod Fillet Fish Fingers
MEAT FREE MAIN MEAL	Plant Based Meatballs in Tomato & Basil Sauce	Cheese & Potato Pie	Veggie Burger	Veggie Sausage Toad in the Hole	Loaded Potato Boats
PASTA BAR	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce	50/50 Penne Pasta Fresh Tomato Sauce
BAKED POTATO	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans	Tuna Mayo Grated Cheese Coleslaw Baked Beans
ON THE SIDE (included with main meal)	Spaghetti Garlic Bread Broccoli Cauliflower Salad Bar	Yorkshire Pudding Roast Potatoes Roast parsnips Savoy Cabbage Salad Bar	Potato Wedges Corn on the Cob Asian Slaw Mixed Salad Salad Bar	Baby Potatoes Baked Beans Roast Carrots & Swede Salad Bar	Chunky Chips Baked Beans Petit Pois Lemon Wedges Curry Sauce Salad Bar
DESSERT	Hot Chocolate Sponge Cake with Cream	Mandarin Crème Brûlée Tart	Pancakes & Berries	Biscoff Cheesecake	Fresh Fruit Jelly & Ice Cream