

Carbeile Junior School

Menu

Summer/Autumn 2022



Feeding hearts and minds, because every child is important

This new summer menu has been developed using ideas from parents and the School Council to make sure that all children can choose a tasty home cooked meal every lunchtime. There is also now a meat/fish free vegetarian option every day

If your child has any special dietary requirements, please contact

the kitchen

Tel: (01752) 812474 (Option 3)

Week 1

W/C - 18th July, 19th Sept, 10th Oct

Monday

Macaroni Cheese
Sweetcorn & Peas or
Jacket Potato with Fish Finger & Beans

Iced Sponge

Tuesday

Beef Bolognese, Pasta & Garlic Bread or Quorn Cottage Pie
Broccoli, Green Beans or
Jacket Potato with Sausage & Hoops

Shortbread

Wednesday

Chicken Enchiladas or
Vegetable Pasta Bake
Mixed Veg and Sweetcorn or
Jacket Potato with Cheese and Beans

Chocolate Sponge and Custard

Thursday

Chicken Fillet, Roast Potatoes, Stuffing or
Cauliflower Cheese & Seasonal Veg or
Jacket Potato with Tuna Mayo

Assorted Muffins

Friday

Fish in Batter & Chips or Meat-Free Nuggets
Chips, Beans or Peas or
Jacket Potato with Chicken Curry

Oat Cookie

If, due to dietary needs or allergies, your child cannot eat the pudding of the day, please contact the school in advance to arrange for a jelly or yogurt to be provided.

Week 2

W/C ~ 25th July, 5th Sept, 26th Sept, 17th Oct

Monday

Pasta & Tomato Sauce, Garlic Bread
Mixed Veg or
Jacket Potato with Fish Fingers & Beans

Chocolate Cracknell

Tuesday

Tuna Pasta Bake or
Margherita Pizza, Sweetcorn, and Carrots
Sweetcorn or Broccoli or
Jacket Potato with Sausage & Hoops

Lemon Drizzle Cake

Wednesday

Homemade beefburger in a bun or
Quorn Burger in a bun
Diced Potatoes, Peas or Beans, or
Jacket Potato with Cheese & Beans

Apple Crumble & Custard

Thursday

Gammon & Pineapple or Quorn Fillet
Stuffing, Roast Potatoes, Seasonal Veg & Gravy or
Jacket Potato with Tuna Mayo

Jelly and Fruit

Friday

Fish Fingers or Meat-Free Sausage Roll
Chips, Peas or Sweetcorn or
Jacket Potato with Chicken Curry

Iced Buns

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Week 3

W/C - 11th July, 12th Sept, 3rd Oct,

Monday

Quorn Bolognaise Pasta and Garlic Bread

Carrots & Peas or

Jacket Potato with Fish Fingers & Beans

Florentin

Tuesday

Pepperoni Pizza and Sweetcorn or Cheese Whirl

Diced Potatoes and Beans or

Jacket Potato with Sausage & Hoops

Pinwheel Biscuit

Wednesday

Pork Sausage or Quorn Sausage

Mashed Potato, Peas or Beans or

Jacket Potato with Cheese & Beans

Bakewell Tart and Custard

Thursday

Chicken Fillet, & Gravy or Rice and Bean Burrito

Roast Potatoes, Stuffing & Seasonal Veg or

Jacket Potato with Tuna Mayo

Steamed Jam Sponge & Custard

Friday

Fish in Batter or Meat-Free Hotdog

Chips, Beans or Sweetcorn

Jacket Potato with Chicken Curry

Cornflake Crispy

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