

# Carbeile Junior School

## Menu

Winter 2022



Feeding hearts and minds, because every child is important

This new winter 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 are now two meat/fish free vegetarian options on a Monday.

If your child has any special dietary requirements, please contact:

Mrs. Hadland in the Kitchen

Tel: (01752) 812474 (Option 4)

## Week 1

W/C - 31<sup>st</sup> Oct/ 21<sup>st</sup> Nov/ 12<sup>th</sup> Dec/ 16<sup>th</sup> Jan/ 6<sup>th</sup> Feb

Monday

Quorn Lasagne (V)  
Veggie Burger with Potato Wedges (V)  
Sweetcorn & Beans  
Jacket Potato with Beans

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Iced Sponge

Tuesday

Carbeile Breakfast or Veggie Breakfast  
Hash Browns & Beans  
Jacket Potato with Cheese

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Banana Cake

Wednesday

Pepperoni Pizza  
Vegetable Pasta Bake  
Mixed Veg & Sweetcorn  
Jacket Potato with Beef Chilli

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Chocolate Steam Sponge with Custard

Thursday

Roast Chicken Fillet, Roast Potatoes, Stuffing, Seasonal Veg & Gravy  
Cauliflower Cheese & Seasonal Veg  
Jacket Potato with Hoops

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Honey Cake

Friday

Fish in Batter  
Meat Free Nuggets  
Chips, Beans & Peas  
Jacket Potato with Tuna Mayo

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Oat Cookie

To cater for dietary needs or allergies, jelly and fruit will be available daily.

## Week 2

W/C - 7<sup>th</sup> Nov/ 28<sup>th</sup> Nov/ 3<sup>rd</sup> Jan/ 23<sup>rd</sup> Jan

Monday

Pasta & Tomato Sauce with Garlic Bread (V)

Veggie Sausage, Mash & Gravy (V)

Mixed Veg

Jacket Potato with Beans

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Custard Biscuit

Tuesday

Chicken Curry with Rice

Macaroni Cheese

Sweetcorn or Broccoli

Jacket Potato with Cheese

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Cheese Cake

Wednesday

Cottage Pie & Gravy

Vegetable Curry & Rice

Peas or Carrots

Jacket Potato with Coleslaw

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Apple Crumble & Custard

Thursday

Roast Pork, Roast Potatoes, Seasonal Veg & Gravy

Cheese & Leek Bake

Jacket Potato with Vegetable Curry

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Jelly & Fruit

Friday

Fish Fingers

Meat Free Burger in a Bun

Chips, Peas or Sweetcorn

Jacket Potato with Tuna Mayo

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Flapjack

To cater for dietary needs or allergies, jelly and fruit will be available daily.

## Week 3

W/C - 14<sup>th</sup> Nov/ 5<sup>th</sup> Dec/ 9<sup>th</sup> Jan/ 30<sup>th</sup> Jan

Monday

Margherita Pizza (V)  
Veggie Sausage Roll (V)  
Peas & Sweetcorn  
Jacket Potato with Beans

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Pinwheel Biscuit

Tuesday

Sweet & Sour Chicken with Rice  
Meat Free Meatballs in Tomato Sauce with Pasta  
Salad & Green Beans  
Jacket Potato with Cheese

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Rice Pudding

Wednesday

Pork Sausage or Quorn Sausage  
Mashed Potato, Peas, Carrots & Gravy  
Jacket Potato with Beef Chilli

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Bakewell Tart

Thursday

Roasted Gammon or Quorn Fillet & Stuffing  
Roast Potatoes & Seasonal Veg  
Jacket Potato with Vegetable Curry

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Steamed Jam Sponge & Custard

Friday

Fish in Batter or Cheese Whirl  
Chips, Hoops or Peas  
Jacket Potato with Tuna Mayo

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Cornflake Crispy

To cater for dietary needs or allergies, jelly and fruit will be available daily.