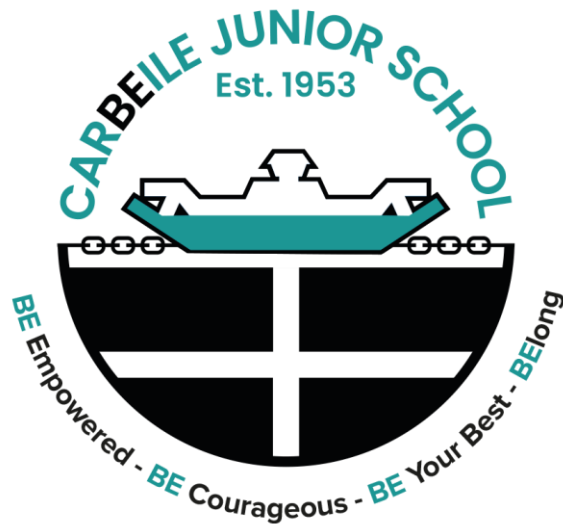


Carbeile Junior School

Menu

Autumn 2023



Feeding hearts and minds, because every child is important.

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

There is a salad bar everyday which children can help themselves to.

Jelly, Fruit Bowls & Yogurts are also available everyday.

If your child has any special dietary requirements, please contact Reception to discuss this with Mrs. Hadland in the Kitchen.

Tel: (01752) 812474

Week 1

W/C - 4th Sept/25th Sept/16th Oct/13th Nov/4th Dec/1st Jan/22nd Jan

Monday

Macaroni Cheese with Garlic Bread (V)

Meat Free Sausage Roll (V)

Diced Potatoes & Beans

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Iced Sponge

Tuesday

Toad -in-the-Hole with Pork Sausage

Quorn Sausage (V)

Mash & Gravy, Carrots & Savoy Cabbage

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Chocolate Cracknell

Wednesday

Beef Bolognaise

Meat Free Meatballs (V)

Tomato Sauce, Spaghetti, Sweetcorn & Peas

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Vanilla Ice-Cream

Thursday

Roast Chicken Fillet, Stuffing & Gravy

Cheese Whirl (V)

Roast Potatoes, Cauliflower Cheese & Mashed Swede

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Jam Roly Poly

Friday

Fish Fingers

Meat Free Burger in a Bun (V)

Chips & Peas

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Jammie Dodger Biscuit

To cater for dietary needs or allergies, please contact the school.

Week 2

W/C – 11th Sept/2nd Oct/30th Oct/20th Nov/11th Dec/8th Jan/29th Jan

Monday

Meat Free Nuggets (V)

Vegan Cheese & Ham Crown (V)

Croquette Potatoes, Spaghetti Hoops & Corn on the Cob

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Fruit Pie & Custard

Tuesday

Beef Meatballs in Tomato Basil Sauce

Lentil Bolognaise (V)

Pasta, Broccoli & Carrots

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Shortbread

Wednesday

Pepperoni Pizza

Vegetable & Cheese Country Bake (V)

Skinny Fries, Sweetcorn & Beans

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Vanilla Cheesecake

Thursday

Roast Gammon & Pineapple & Gravy

Quorn Fillet (V)

Roast Potatoes, Green Beans & Cauliflower

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Chocolate Steam Pudding with Chocolate Sauce

Friday

Breaded Haddock

Veggie Fingers (V)

Chips, Peas or Sweetcorn

Jacket Potato with Beans/ Tuna Mayo/ Coleslaw/ Cheese

Farmhouse Biscuit

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Week 3

W/C – 18th Sept/9th Oct/6th Nov/27th Nov/18th Dec/15th Jan/5th Feb

Monday

Vegetable Korma, Rice & Naan Bread (V)
Couscous Stuffed Pepper & Potato Rosti (V)
Sweetcorn

Jacket Potato with Beans/Tuna Mayo/Coleslaw/Cheese

Jazzy Iced Fingers

Tuesday

Cornish Meat Pasty
Cheese & Onion Pasty (V)
Baked Beans

Jacket Potato with Beans/Tuna Mayo/Coleslaw/Cheese

Pear & Ginger Upside Down Cake & Custard

Wednesday

Crispy Chicken with Stir Fried Noodles
Quorn Hot Dog & Wedges (V)
Spaghetti Hoops

Jacket Potato with Beans/Tuna Mayo/Coleslaw/Cheese

Chocolate Mousse

Thursday

Turkey & Bacon Meatloaf with Gravy
Cheese & Tomato Quiche (V)
Roast Potatoes, Cabbage & Carrots

Jacket Potato with Beans/Tuna Mayo/Coleslaw/Cheese

Bakewell Tart & Pink Sauce

Friday

Battered Fish
Fishless Fingers (V)
Chips, Mushy Peas & Sweetcorn
Jacket Potato with Beans/Tuna Mayo/Coleslaw/Cheese

Shrewsbury Biscuits

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