




Your school menu for autumn and winter 2016/17



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



Our milk, cream and butter are Red Tractor farm assured



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

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

Your menu for Week 1

31/10/2016 21/11/2016 12/12/2016 02/01/2017 23/01/2017 13/02/2017 06/03/2017 27/03/2017

MONDAY

Cottage pie and gravy
Glamorgan vegetarian
sausage with gravy ✓

Mashed potato
Selection of seasonal
vegetables

Apple and berry pie with
custard
Selection of
fruit yoghurts

TUESDAY

Cheese and tomato or
ham and pineapple pizza
Lightly spiced bean
burger ✓

Spicy potato wedges
Selection of seasonal
vegetables

Flapjack
Selection of
fruit yoghurts

WEDNESDAY

Roast chicken and gravy
with sage and onion
stuffing
Three bean chilli
with rice ✓

Roasted potatoes
Selection of seasonal
vegetables

Jelly and fruit salad
Selection of
fruit yoghurts

THURSDAY

Beef lasagne with
garlic bread
Roast vegetable
pitta pocket ✓

New potatoes
with parsley
Selection of seasonal
vegetables

Vanilla sponge
and custard
Selection of
fruit yoghurts

FRIDAY

Salmon and potato
fish cake with
tomato ketchup
Quorn dippers with
tomato salsa ✓

Oven baked chips
Selection of seasonal
vegetables

Chocolate and
raisin cookie
Fresh fruit salad
Selection of
fruit yoghurts

Available daily: jacket potatoes with a choice of fillings, selection of seasonal salads, selection of fresh breads, fresh fruit, chilled water

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

Your menu for Week 2

07/11/2016 28/11/2016 19/12/2016 09/01/2017 30/01/2017 20/02/2017 13/03/2017 03/04/2017

MONDAY

Sausage and gravy
Bean and vegetable
fajita with mixed salad ✓

Mashed potato
Selection of seasonal
vegetables

Jam sponge and
custard sauce
Selection of
fruit yoghurts

TUESDAY

Cool chicken curry with
brown and white rice and
cucumber salad
Cheese and baked bean
puff with tomato sauce ✓

Baked sweet potato
wedges
Selection of seasonal
vegetables

Apple flapjack and custard
Selection of
fruit yoghurts

WEDNESDAY

Roast gammon
Roast vegetable pasta
bake with mixed salad ✓

Roasted potatoes
Selection of seasonal
vegetables

Selection of jelly with
fresh fruit salad
Selection of
fruit yoghurts

THURSDAY

Spaghetti bolognese
with garlic bread
Cheese and potato pie ✓

Selection of seasonal
vegetables

Chocolate and mandarin
puddle pudding with
chocolate sauce
Selection of
fruit yoghurts

FRIDAY

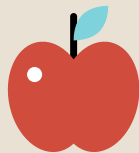
Fish fingers with
tomato sauce
Quorn hotdog and
tomato ketchup ✓

Oven baked chips
Selection of seasonal
vegetables

Shortbread biscuit with
fresh fruit salad
Selection of
fruit yoghurts



Your menu for Week 3



14/11/2016 05/12/2016 16/01/2017 06/02/2017 27/02/2017 20/03/2017 10/04/2017

MONDAY

Macaroni cheese
Quorn balls with
wholemeal pasta in
tomato sauce ✓

Garlic bread
Selection of seasonal
vegetables

Chocolate sponge and
chocolate sauce
Selection of
fruit yoghurts

TUESDAY

BBQ chicken fillet
and coleslaw
Butternut squash and
bean pasta bake ✓

Half jacket potato
Selection of seasonal
vegetables

Carrot cake and
custard sauce
Selection of
fruit yoghurts

WEDNESDAY

Roast chicken with sage
and onion stuffing
and gravy
Quorn roast with gravy ✓

Roasted potatoes
Selection of seasonal
vegetables

Ice cream selection with
fresh fruit salad
Selection of
fruit yoghurts


THURSDAY

Minced beef and onion pie
Cheese and tomato
calzone ✓

Parsley potatoes
Selection of seasonal
vegetables

Chocolate brownie
Selection of
fruit yoghurts

FRIDAY

Fish fingers with 
tomato ketchup
Cheese and tomato
omelette ✓

Oven baked chips
Selection of seasonal
vegetables

Selection of jelly with
fruit salad
Selection of
fruit yoghurts

**Available daily: jacket potatoes with a choice of filling, selection of seasonal
salads, selection of fresh breads, fresh fruit, chilled water**



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

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