

Your menu for Week 3

16/11/15 07/12/15 28/12/15 18/01/16 08/02/16 29/02/16 21/03/16

MONDAY

Sticky honey glazed chicken
Mild sweet potato and chickpea curry with brown/white rice ✓

Spicy oven wedges
Selection of seasonal vegetables

Jam sponge with custard sauce
Selection of fruit yoghurts

TUESDAY

Beef and cheese calzone pizza
Cheese and quorn pasta bake ✓

Half jacket potato
Selection of seasonal vegetables

Chocolate crunch
Selection of fruit yoghurts

WEDNESDAY

Roast pork with apple sauce
Quorn roast with gravy ✓

Roasted potatoes
Selection of seasonal vegetables

Selection of jelly
Selection of fruit yoghurts


THURSDAY

Chicken and sweetcorn pie
Macaroni cheese ✓

New potatoes with parsley
Selection of seasonal vegetables

Apple pancakes
Selection of fruit yoghurts

FRIDAY

Fish fingers with tomato ketchup 
Omelette and mixed salad ✓

Oven baked chips
Selection of seasonal vegetables

Iced finger roll
Selection of fruit yoghurts

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

✓ = suitable for vegetarians *Our menu is subject to availability*

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

Your menu for autumn & winter 2015/2016

AVAILABLE DAILY Along with your main meal and pudding, you can help yourselves to a fresh salad and fruit wedges, as well as a selection of bread, and chilled water.

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

All our chicken, beef and pork is British farm assured



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

Your menu for Week 1

02/11/15 23/11/15 14/12/15 04/01/16 25/01/16 15/02/16 07/03/16 28/03/16



MONDAY

Wholemeal pasta twirls with Bolognese sauce
Butternut and bean pasta ✓
Garlic bread ✓

Half jacket potato
Selection of seasonal vegetables

Flapjack
Selection of fruit yoghurts

TUESDAY

Chicken pizza
Cheese and tomato french bread pizza ✓
Garlic bread ✓

Potato wedges
Selection of seasonal vegetables

Syrup sponge with custard sauce
Selection of fruit yoghurts

WEDNESDAY

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

Roasted potatoes
Selection of seasonal vegetables

Selection of jelly
Selection of fruit yoghurts


THURSDAY

Lasagne
Vegetarian lentil sausage roll with tomato sauce ✓

New potatoes with parsley
Selection of seasonal vegetables

Lemon drizzle cup cake
Selection of fruit yoghurts

FRIDAY

Fish fingers with tomato ketchup 
Cheese and broccoli flan ✓

Oven baked chips
Selection of seasonal vegetables

Oat biscuit
Selection of fruit yoghurts

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

✓ = suitable for vegetarians *Our menu is subject to availability*

Your menu for Week 2

09/11/15 30/11/15 21/12/15 11/01/16 01/02/16 22/02/16 14/03/16 04/04/16



MONDAY

Sausages with gravy
Bean and vegetable fajita ✓

New potatoes
Selection of seasonal vegetables

Chocolate sponge and chocolate sauce
Selection of fruit yoghurts

TUESDAY

Roast gammon
Quorn sausage and gravy ✓

New potatoes with parsley
Selection of seasonal vegetables

Vanilla ice cream
Selection of fruit yoghurts

WEDNESDAY

Mild chicken curry and rice with cucumber salad
Cheese and baked bean puff with tomato sauce ✓

Half jacket potato
Selection of seasonal vegetables

Apple crumble and custard sauce
Selection of fruit yoghurts


THURSDAY

Roast chicken and gravy
Cheese and tomato pizza ✓

Roast potatoes
Selection of seasonal vegetables

Jelly selection
Selection of fruit yoghurts

FRIDAY

Salmon bites with tomato sauce 
Lighty spiced bean burger with tomato salsa and salad ✓

Oven baked chips
Selection of seasonal vegetables

Shortbread biscuit
Selection of fruit yoghurts

