

# Your menu for Week 3

25/04/16 16/05/16 06/06/16 27/06/16 18/07/16 29/08/16 19/09/16 10/10/16



## MONDAY

Cool chicken curry with white and brown rice  
Cauliflower and broccoli cheese bake ✓

New potatoes with parsley  
Selection of seasonal vegetables

Selection of frozen yoghurts and fruit wedges  
Selection of fruit yoghurts

## TUESDAY

Macaroni cheese  
Lentil sausage roll ✓

Half jacket potato  
Selection of seasonal vegetables

Apple flapjack and custard sauce  
Selection of fruit yoghurts

## WEDNESDAY

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

Roasted potatoes  
Selection of seasonal vegetables

Jelly and fruit salad  
Selection of fruit yoghurts

## THURSDAY

BBQ chicken in a pitta pocket  
Cheese and tomato pasta bake ✓

Spicy oven wedges  
Selection of seasonal vegetables

Chocolate sponge with chocolate sauce  
Selection of fruit yoghurts

## FRIDAY

Fish fingers with tomato ketchup  
Lightly spiced falafel with tomato salsa ✓

Oven baked chips  
Selection of seasonal vegetables

Vanilla or strawberry ice cream and 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 and chilled water**

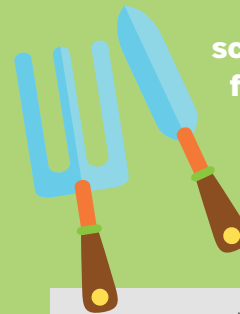
✓ = suitable for vegetarians *Fruit and vegetables are subject to seasonal variation. Our menu is subject to availability.*

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



# Your menu for spring and summer 2016

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](http://www.leafuk.org)



Our milk, cream and butter are Red Tractor farm assured



We are proud to offer seasonal fruit and vegetables throughout the year



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

11/04/16 02/05/16 23/05/16 13/06/16 04/07/16 05/09/16 26/09/16 17/10/16

## MONDAY

Sausages with gravy	Mashed potato	Chocolate cornflake cake
Quorn balls in tomato sauce with wholemeal pasta ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

## TUESDAY

Chicken and sweetcorn pasta bake	Spicy potato wedges	Jam sponge and custard sauce
Cheese and tomato pizza ✓	Selection of seasonal vegetables	Selection of fruit yoghurts


## WEDNESDAY

Roast chicken and gravy with sage and onion seasoning	Roasted potatoes	Vanilla or strawberry ice cream with fruit salad
Glamorgan vegetarian sausage with gravy ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

## THURSDAY

Beef lasagne	New potatoes	Lemon drizzle cup cake
Ratatouille cheese quesadilla and mixed salad ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

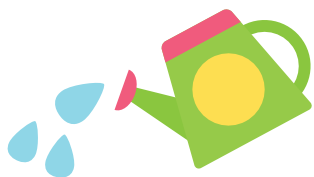
## FRIDAY

Fish fingers with tomato ketchup 	Oven baked chips	Jelly and fruit salad
Vegetable and bean cottage pie ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

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

✓ = suitable for vegetarians

Fruit and vegetables are subject to seasonal variation. Our menu is subject to availability.



# Your menu for Week 2

18/04/16 09/05/16 20/06/16 11/07/16 12/09/16 03/10/16 24/10/16

## MONDAY

Beef bolognese pasta bake	Half jacket potato	Apple crumble with custard sauce
Plain egg omelette ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

## TUESDAY

Roast loin of pork with apple sauce and gravy	New potatoes with parsley	Jelly and fruit salad
Cheese and potato pie ✓	Selection of seasonal vegetables	Selection of fruit yoghurts


## WEDNESDAY

All day breakfast puff with sausage/beans/tomato	Roasted diced potatoes	Chocolate crunch
Cool sweet potato and chickpea curry with white and brown rice and cucumber salad ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

## THURSDAY

Roast chicken and gravy with sage and onion seasoning	Roast potatoes	Vanilla or strawberry ice cream and fruit salad
Cheese and tomato pizza ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

## FRIDAY

Oven baked breaded pollack or salmon bites with tomato ketchup 	Oven baked chips	Shortbread biscuit
Roasted vegetable flan ✓	Selection of seasonal vegetables	Selection of fruit yoghurts

