



School Menu

Spring - Summer 2018

Week 1

Week commencing
26 Feb, 19 March, 23 April,
14 May, 11 June, 2 July,
23 July

Central Junior



MONDAY

MAIN COURSE

Sunshine pizza with
roast new potatoes

Milk Gluten



OR

Cheesy pasta,
garlic slice

Milk Egg Gluten, Milk Gluten



DESSERT

Honey cake
& custard

Milk Egg Gluten



TUESDAY

MAIN COURSE

Hot dog in a roll
with jacket wedges

Soya Egg Milk Gluten



OR

Veggie Hot dog
in a roll
with jacket wedges

Soya Milk Egg Gluten



DESSERT

Chocolate & orange
cookie & milkshake

Gluten, Milk



WEDNESDAY

MAIN COURSE

Chicken pasta bake
& garlic slice

Milk Egg Gluten, Milk Gluten



OR

Jacket potato with
cheese, baked beans
or tuna mayo
with mixed salad

Milk, Fish, Egg



DESSERT

Butterscotch tart

Milk Gluten



THURSDAY

MAIN COURSE

Roast gammon,
pineapple, gravy,
roast potatoes &
mashed potatoes



OR

Quorn roast,
stuffing, gravy,
roast potatoes
& mashed potatoes

Milk Egg Gluten



DESSERT

Oaty apple crumble
& custard

Gluten Milk



FRIDAY

MAIN COURSE

MSC fish goujons
& jacket wedges

Fish Gluten



OR

Jacket potato with
cheese, baked beans
or tuna mayo
with mixed salad

Milk, Fish Egg



DESSERT

Fruit salad
& frozen yoghurt

Milk



AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya
Seasonal vegetables available daily Coleslaw Egg when served



School Menu

Spring - Summer 2018

Week 2

Week commencing
5 March, 26 March, 30 April,
21 May, 18 June, 9 July,

Central Junior



MONDAY

MAIN COURSE

Vegetarian sausage roll
& gravy,
jacket wedges

Celery Milk Gluten



OR

Mixed bean bake,
garlic slice

Milk, Gluten Milk



DESSERT

Fruit salad



TUESDAY

MAIN COURSE

Sweet & sour pork,
wholegrain rice

Celery



OR

Quorn chilli

Celery Egg



DESSERT

Spiced carrot cake
& custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

MAIN COURSE

Spaghetti Bolognese

Gluten Egg Fish



OR

Quorn bolognese

Gluten Egg



DESSERT

Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



THURSDAY

MAIN COURSE

Roast turkey, stuffing &
gravy, roast potatoes
& mashed or
new potatoes

Gluten



OR

Roast Quorn, stuffing &
gravy, roast potatoes
& mashed or
new potatoes

Gluten Egg Milk



DESSERT

Raspberry ripple
ice cream roll

Soya Milk Egg Gluten



FRIDAY

MAIN COURSE

MSC fish portion,
oven chips

Fish Gluten



OR

Jacket potato with
cheese, baked beans
or tuna mayo
with mixed salad

Milk, Fish Egg



DESSERT

Honey & oatmeal
cookie & milkshake

Gluten, Milk



AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya
Seasonal vegetables available daily Coleslaw Egg when served



School Menu Spring - Summer 2018

Week 3

Week commencing
12 March, 16 April, 7 May,
4 June, 25 June, 16 July

Central Junior



MONDAY

MAIN COURSE

Quorn dippers
& jacket wedges

Milk Egg Gluten



OR

Vegetable chick pea &
coconut curry
& wholegrain rice

Mustard Milk Gluten Sulphur Dioxide



DESSERT

Cherry shortcake
& custard

Milk Egg Gluten



TUESDAY

MAIN COURSE

Venison burger
in a bun
& jacket wedges

Soya Egg Milk Gluten



OR

Quorn burger
in a bun
& jacket wedges

Soya Milk Egg Gluten



DESSERT

Butterscotch mousse
& shortbread finger

Gluten Milk



WEDNESDAY

MAIN COURSE

Turkey wrap,
potato croquettes

Egg Gluten, Milk



OR

Jacket potato with
cheese, baked beans
or tuna mayo
with mixed salad

Milk, Fish Egg



DESSERT

Bakewell tart & custard

Milk Egg Sulphur Dioxide



THURSDAY

MAIN COURSE

Roast gammon &
Yorkshire pudding, roast
potatoes & mashed or
new potatoes

Gluten Egg Milk



OR

Quorn roast, Yorkshire
pudding & gravy, roast
potatoes & mashed or
new potatoes

Gluten Egg Milk



DESSERT

Strawberry cupcake

Milk Egg Gluten



FRIDAY

MAIN COURSE

MSC fish finger wrap
& Noisette potatoes

Fish Gluten, Milk



OR

Jacket potato with
cheese, baked beans
or tuna mayo
with mixed salad

Milk, Fish Egg



DESSERT

Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) **Best of both bread** Gluten and Soya
Seasonal vegetables available daily **Coleslaw** Egg when served