

Cassiobury Junior School Menu

Week 1

**Meat Free
Monday**

- Fish Fingers with Crusty herb potatoes
- Quorn Bolognaise
- Selection of rolls with ham, cheese, tuna or egg

- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread

- Mixed berry compote with meringue kiss
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Tuesday

- Chicken noodle soup with coriander
- Jacket potato with a selection of fillings
- Selection of rolls with ham, cheese, tuna or egg

- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread

- Oat and sultana cookie
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Wednesday

- Margarita Pizza
- Pepperoni Pizza
- Fish and chips
- Hot chips or pasta

- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread

- Ice cream with chocolate or strawberry sauce
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Thursday

- Roast beef and Yorkshire pudding
- Halal roast beef
- Cheesy filo potato pie

- Roast potato
- Roasted sweet potato
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread

- Banana cake with chocolate custard
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Friday

- Margarita wraps
- Pasta Carbonara
- Selection of rolls with ham, cheese, tuna or egg

- Hot pasta
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread

- Mini chocolate beetroot brownie with fruit salad
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

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Week 2

Meat Free Monday

- Vegetable chilli with rice and tortilla chips
- Salmon fillet with fried rice
- Selection of rolls with ham, cheese, tuna or egg
- Seasonal vegetables
 - Children's choice salad bar
 - Wholemeal or granny bread
- Carrot cake with cream cheese icing
 - Fruit yoghurt
- Cheese and crackers
 - Fresh fruit

Tuesday

- Macaroni cheese with garlic tortilla
- Sweet potato and chickpea curry with naan bread
- Selection of rolls with ham, cheese, tuna or egg
- Seasonal vegetables
 - Children's choice salad bar
 - Wholemeal or granny bread
- Apple strudel
- Fruit yoghurt
- Cheese and crackers
 - Fresh fruit

Wednesday

- Margarita Pizza
 - Pork sausages
- Vegetarian hotdog
- Hot chips or pasta
- Seasonal vegetables
 - Children's choice salad bar
 - Wholemeal or granny bread
- Mini milk
- Fruit yoghurt
- Cheese and crackers
 - Fresh fruit

Thursday

- Roast Pork with apple sauce
- Green pea and sweetcorn risotto
- Roast potato
- Roasted sweet potato
- Seasonal vegetables
 - Children's choice salad bar
 - Wholemeal or granny bread
- Peach and pear crumble and custard
 - Fruit yoghurt
- Cheese and crackers
 - Fresh fruit

Friday

- Cajan breaded chicken
- Halal cajan breaded chicken
- Jacket potato with a selection of fillings
- Selection of rolls with ham, cheese, tuna or egg
- Hot pasta
- Seasonal vegetables
 - Children's choice salad bar
 - Wholemeal or granny bread
- Chocolate mousse
 - Fruit yoghurt
- Cheese and crackers
 - Fresh fruit

Cassiobury Junior School Menu

Week 3

**Meat Free
Monday**

- Vegetable Tacos with lettuce, cheese, tomato and sour cream
- White fish fillet with steamed rice
- Selection of rolls with ham, cheese, tuna or egg
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread
- Shortbread and fruit salad
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Tuesday

- Mild chicken curry with steamed rice
- Jacket potato with a selection of fillings
- Selection of rolls with ham, cheese, tuna or egg
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread
- Jam tart
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Wednesday

- Margarita Pizza
- Pepperoni Pizza
- Salmon nuggets
- Hot chips or pasta
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread
- Mini milk
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Thursday

- Roast chicken with stuffing
- Halal roast chicken with stuffing
- Quorn Chinese noodles
- Roast potato
- Roasted sweet potato
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread
- Sticky toffee pudding with butterscotch sauce
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

Friday

- Pork Cumberland sausage with mashed potato
- Vegetarian hot dog
- Selection of rolls with ham, cheese, tuna or egg
- Hot pasta
- Seasonal vegetables
- Children's choice salad bar
- Wholemeal or granny bread
- Mini chocolate crispy cake with fruit salad
- Fruit yoghurt
- Cheese and crackers
- Fresh fruit

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