

Cassiobury Junior Winter Menu



Week 1

Day	Main Meal Meat	Main Meal Vegetarian	Baked Jacket Potato	Vegetables	Today's dessert
Monday	Homemade spaghetti Beef bolognaise	Veggie hotpot and mashed potatoes	Beans, cheese or tuna mayonnaise.	Carrots & sweetcorn	Chocolate & beetroot sponge
Tuesday	Chicken curry & rice	Freshly made Cheese & tomato pizza	Beans, cheese or tuna mayonnaise.	Chips, & garden peas	Fruit Flapjack
Wednesday	Shepherds pie	Sweet & sour vegetables	Beans, cheese or tuna mayonnaise.	Broccoli & Cauliflower	Carrot cake
Thursday	Roast turkey, roast potato & stuffing	Cheesy ratatouille bake, roast potato & stuffing	Beans, cheese or tuna mayonnaise.	Seasonal mixed vegetables	Ice cream or Fresh fruit salad
Friday	Gluten free pork meatballs & pasta	Spicy bean burger, served with baked wedges	Beans, cheese or tuna mayonnaise.	Roasted vegetables	Pancakes & fresh fruit

Week 2

Day	Main Meal Meat	Main Meal Vegetarian	Baked Jacket Potato	Vegetables	Today's dessert
Monday	Sweet & sour chicken served with long grain rice	Cheese Quiche, Hash browns & baked beans	Beans, cheese or tuna mayonnaise.	Garden peas	Waffles topped with fruit & honey
Tuesday	Golden crumbed fish finger & chips	Veggie fingers, Chips	Beans, cheese or tuna mayonnaise.	Baked beans Or Mushy peas	Angel delight
Wednesday	Beef chilli served with long grain rice	Penne pasta in a Tomato & basil sauce	Beans, cheese or tuna mayonnaise.	Garden peas & Sweetcorn	Mini Lemon cakes
Thursday	Roast gammon, roast potato & Yorkshire pudding	Quorn roast, roast potato & Yorkshire pudding	Beans, cheese or tuna mayonnaise.	Seasonal mixed vegetables	Ice cream or Fresh fruit salad
Friday	Quiche Lorraine, hash browns & baked beans	Mediterranean Ratatouille Pasta	Beans, cheese or tuna mayonnaise.	Carrots & sweetcorn	Jam sponge & custard

AVAILABLE DAILY -
assorted yogurts, chopped fresh fruit, fresh bread, salad selection and lots of fresh water



Cassiobury Junior Winter Menu



Week 3					
Day	Main Meal Meat	Main Meal Vegetarian	Baked Jacket Potato	Vegetables	Today's dessert
Monday	Ham & pineapple pizza with Potato wedges	Macaroni cheese	Beans, cheese or tuna mayonnaise.	Garden Peas	Crunchy ginger biscuits
Tuesday	Beef burger & chips	Vegetable burger & chips	Beans, cheese or tuna mayonnaise	Garden Peas & sweetcorn	Chocolate Krispie cake
Wednesday	Bangers & Mash with gravy	Vegetable curry & rice	Beans, cheese or tuna mayonnaise.	Broccoli & carrots	Apple crumble & custard
Thursday	Roast chicken, mash Potatoes & Yorkshire pudding	Cauliflower & broccoli cheese bake, mash potatoes & Yorkshire Pudding	Beans, cheese or tuna mayonnaise.	Fresh cabbage & carrots	Ice cream or Fresh fruit salad
Friday	Beef Lasagne & Garlic bread	Quorn Bangers & Mash with gravy	Beans, cheese or tuna mayonnaise.	Green beans	Jelly surprise





AVAILABLE DAILY -
assorted yogurts, chopped fresh fruit, fresh bread, salad selection and lots of fresh water

JANUARY

M	T	W	TH	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

M	T	W	TH	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18

	Week 1
	Week 2
	Week 3
	School Closed