



St James' CE Primary School - OJR - Autumn/Winter Term 2019-20 Menu - Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------|
| Starter | <u>Vegetarian Day</u> Tomato and Vegetable Pasta with Sour Dough Bread (G) | Pasta with Tomato Sauce (G) | Crudités with Hummus (Se) | Pasta with Cheese Sauce (G,M) | Tomato Soup with Sour Dough Bread (G) |
| Main dish | | Meatballs with Five Vegetable Sauce (G) | Chicken Curry With Brown Rice | Mediterranean Chicken Breast Strips (G) | Cod Fish Fingers (F,G) |
| Vegetarian | | Veggie Meatball with Five Vegetable Sauce (Sb,E) | Vegetable Curry With Quorn and Crushed Chickpeas with Brown Rice (E) | Mediterranean Quorn Strips (G,E) | Crustless Cherry Tomato Quiche (E,M) |
| Vegetable or Salad | Salad bar selection including Greek Salad (M) | Sweetcorn | Broccoli | Salad bar selection | Baked Beans |
| Dessert | Fresh Fruit or Yoghurt (M) | Fresh Fruit or Yoghurt (M) | Fresh Fruit or Yoghurt (M) | Fresh Fruit or Yoghurt (M) | Chocolate and Beetroot Cake (G,E,M) Or Fresh Fruit or Yoghurt (M) |
| Drink | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Cereals containing gluten(G)- Crustaceans(Cr)



St James' CE Primary School - OJR - Autumn/Winter Term 2019-20 Menu - Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|-------------------------------------------------------------------------|---------------------------------------|-----------------------------------------|-------------------------------------|----------------------------------------------------------|
| Starter | <u>Vegetarian Day</u> Tomato and Basil Pasta with Garlic Bread (G,M) | Vegetable Stick with a Tuna Dip (F,M) | Whole Wheat Pasta with Tomato Sauce (G) | Sour Dough Bread with Crudities (G) | Pasta with Cheese Sauce (G,M) |
| Main dish | | Vegetable Lasagne (G,M,Mu) | Roast Chicken Thigh (G) | Spaghetti Bolognese (G) | Cod Fish Fingers (F,G) |
| Vegetarian | | | Roast Quorn (G,E) | Vegetable and Quorn Bolognese (G,E) | Vegetable and Lentil Patties (G,M) |
| Vegetable or Salad | Salad bar selection including Greek Salad (M) | Sweetcorn | Broccoli and Carrots | Salad bar selection | Baked Beans |
| Dessert | Fresh Fruit and Yoghurt (M) | Fresh Fruit and Yoghurt (M) | Fresh Fruit and Yoghurt (M) | Fresh Fruit and Yoghurt (M) | Carrot Cake (G,E,M) Or Fresh Fruit and Yoghurt (M) |
| Drink | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Cereals containing gluten(G)- Crustaceans(Cr)



St James' CE Primary School - OJR - Autumn/Winter Term 2019-20 Menu - Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------|
| Starter | <u>Vegetarian Day</u> Tomato and Vegetable Pasta With Sour Dough Bread (G) | Vegetable Stick with a Yoghurt and Herb Dip (M) | Pasta with Tomato Sauce (G) | Sour Dough Bread Cucumber Dip (M,G) | Vegetable Soup with Sour Dough Bread (G) |
| Main dish | | Tuna with Broccoli in Creamy Cheese Sauce and Penne Pasta (G,F,M) | Beef Casserole with Winter Vegetables and Spinach | Chicken, Corn, Carrots and Spinach Fried Rice (Sb) | Cod Fish Fingers or Salmon Croquettes (F,G) |
| Vegetarian | | Pasta and Broccoli, Tomatoes and Beans (G) | Cannellini Bean, Winter Vegetables and Spinach Casserole | Corn, Carrots and Cannellini Beans and Spinach Fried Rice (Sb) | Vegetable Croquettes (G,M) |
| Vegetable or Salad | Salad bar selection including Greek Salad (M) | Peas | Sweetcorn | Salad bar selection | Baked Beans |
| Dessert | Fresh Fruit and Yoghurt (M) | Fresh Fruit and Yoghurt (M) | Fresh Fruit and Yoghurt (M) | Fresh Fruit and Yoghurt (M) | Raspberry Flapjack (G,M) Or Fresh Fruit and Yoghurt (M) |
| Drink | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Cereals containing gluten(G)- Crustaceans(Cr)